

20 apply for vacant
associate judgeship.

News, Page 3A

Summer's fresh platter ripe
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Food, Page 1C



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VOLUME 19, NUMBER 48

WEDNESDAY, JUNE 21, 1995

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"Friends of Scouting" officials display the plaques available for campaign donors. From left are Cahokia Mounds District Chairman Pat Busch; Quad-Cities campaign Coordinating Chairman Kim Affolter; Cahokia Mounds District Executive Joe Schuster; honorary campaign chairman State Rep. Tom Holbrook; and Trails West Council Executive Director Don Kinney.

Quick start for local campaign

\$4,300 pledged for Scouts

By Bob Slate
Staff writer

The annual "Friends of Scouting" campaign in the Quad-Cities area got off to a running start last week with more than \$4,300 in pledges collected by the end of the first day.

The campaign here, which is a part of a larger campaign for the Trails West Council, has a goal of \$10,000.

In the Quad-Cities area, more than 650 scouts participate in activities in 31 Cub Scout packs, Boy Scouts troops or Explorer posts.

The Trails West Council serves a

six-county area that includes Madison County. It includes more than 5,700 young people in more than 160 units.

The council, which has an annual budget of about \$500,000, provides training, materials and direct service to scouting units, as well as operating Camp Sunnen near Potosi, Mo., and Camp Warren Lewis near Alton.

The council also helps organize new units and recruit new members.

About a quarter of the council's annual budget comes from the Friends of Scouting campaign, said council Executive Director Don Kinney. Another third of the budget

comes from the United Way and the remainder is collected through fees and fund-raisers such as popcorn sales, he said.

The goal for the Trails West Council is \$130,000. The Cahokia Mounds District portion of the goal is \$72,500 and the local portion of the district goal is \$10,000.

"Scouting helps build strong young people today who are the leaders of tomorrow," said State Rep. Tom Holbrook, honorary chairman of the local campaign.

The seven-week local campaign

(See SCOUTS, Page 9A)

Tarpoff: EPA policies harmful

Alderman before Congress again

By Bob Slate
Staff writer

For the second time in a month, Granite City Alderman Craig Tarpoff has been asked to testify before Congress about inadequacies at the U.S. Environmental Protection Agency.

Tarpoff was scheduled to testify today, Wednesday, before the U.S. House of Representatives' Transportation and Infrastructure Committee's subcommittee on Water Resources and the Environment.

On May 23, Tarpoff told the House Commerce Committee's subcommittee on Commerce, Trade and Hazardous Materials that U.S. EPA's policies with regard to lead actually hurt the environment and economic health of dozens of communities.

Tarpoff, a member of the Society for Environmental Geochemistry and Health and a member of the executive board of the Superfund Coalition Against Mismanagement (SCAM), made a written copy of his testimony today available to the *Free-Press Journal*.

"We have found that the remedies

which EPA selects — and the faulty methodologies they use to select the remedies — often harms the community which EPA is supposed to protect," Tarpoff is to testify.

He said that members of SCAM, a coalition of several hundred members from more than 30 Superfund communities in about a dozen different states, have found that EPA's policies — especially those associated with lead in soil — have been "invented and misused."

"This policy (lead in soil) is being used to environmentally redline communities across the country and divert scarce dollars toward entirely ineffective clean-up programs," Tarpoff said.

The way EPA's Superfund managers

(See TARP OFF, Page 9A)

FEMA expands flood aid

By Scott Cousins
Staff writer

Local governments will be getting some financial flood-fighting help from the Federal Emergency Management Agency.

On Friday, the agency announced it would pay for 75 percent of eligible flood-fighting costs for local governments.

In the original federal disaster declaration May 30, Madison and St. Clair counties were designated disaster areas for individual assistance only.

The expanded declaration means local governments can recoup expenses for emergency work such as labor, rented equipment, debris removal and repair of public facilities such as roads, bridges, buildings and utilities.

Emergency work includes any essential work needed immediately to save lives

and protect public health, safety or property, said FEMA spokesman Gene Romano.

"Our assessment teams indicated that there was substantial damage and also great expenditures for flood fighting," Romano said. "When communities have such expenses, they are usually substantial expenditures."

"These kinds of expenditures are the things state, county and local governments step in and do immediately because of public health concerns," he said.

Jack Quigley, Madison County emergency services director, said the expanded program will be a big help.

"Drainage districts and some of the smaller villages tore the heck out of their budgets fighting this thing," he said.

(See FEMA, Page 7A)

Water rate plan fought

SPRINGFIELD — The Illinois Commerce Commission has received a trickle of objections to Illinois-American Water Co.'s rate hike request.

But the Citizens Utility Board, a consumer advocacy group, wants to make a splash in the case, the first water rate case in which it has become involved.

"This is the largest private water company in the state, and we noticed it has been filing for rate cases quite often and we wanted our experts to take a look at it," CUB associate director Pat Clark said. CUB has many members who live in areas served by Illinois-American's divisions in central and Southern Illinois, she said.

The first hearing before an Illinois Commerce Commission examiner on the request to boost rates by an average 10 percent is scheduled July 7. Written testimony has not been filed by either the company or opponents. Illinois-American filed the rate hike request Feb. 1.

(See WATER, Page 11A)



Shang Greathouse

MESD legal fees defended

\$40 million in lawsuits currently on file

By Bob Slate
Staff writer

A good lawyer is never cheap, Shang Greathouse says.

Greathouse, president of the Metro East Sanitary District, said the district is currently defending itself against about \$40 million in lawsuits.

"We've got an \$18 million class action suit brought by East St. Louis residents from when the floodgate broke in 1986," Greathouse said. "We've got a guy who was hit on the head by

a replaced bridge part. We had a guy who was drunk on his motorcycle and ran into a barricade in front of a bridge where he didn't belong because he wasn't looking where he was going."

"These are the kinds of things that consistently plague us," Greathouse said.

A federal grand jury recently subpoenaed MESD records, apparently to look into legal fees paid by the district.

"I told them to come on in. They can have whatever they

want. I've got nothing to hide," Greathouse said.

"But I've sure as heck got better things to do (than to track down district records)," he said. "It's a wonder I can get anything done."

Greathouse said the district has spent about \$1 million in legal fees since he took the reins 15 years ago.

He also said he can't remember losing a lawsuit. "You don't get the lawyers for nothing. But I don't have any

(See FEES, Page 7A)

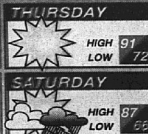
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John Fuller, Chief Meteorologist, KSDK-NewsChannel 5



In the mail: Tax bills late, but not too late

Madison County property owners should receive their 1994 tax bills this week. County officials said all of the 116,386 bills were mailed out Friday. Although that is two weeks later than normal, the timing should not be a problem, they said.

"We're really not that far behind," said Nick Hamilton, a member of the County Board's Tax Cycle Committee.

County officials earlier had expressed worry that the delay would be longer than two weeks because of the need to process

more than 9,000 applications for a new senior citizens' assessment freeze. The county's Board of Review was forced into overtime sessions to deal with the applications.

Director of Data Processing Pat Morrison said that bills could have been sent out May 31, but the senior citizens' freeze would not have been included.

"To say that the tax bills are late is a misnomer," Morrison said. "We couldn't have gotten them out on May 31, but the freeze wouldn't have been in there and it would

have been a complete mess."

Morrison said some counties took that approach, leaving freeze adjustments to be handled later through certificates of error, but Supervisor of Assessments Robert Harris wanted the bills to be correct when they were mailed.

"The (certificate of error) approach would have cost more on the other end," Morrison said.

County Treasurer John Shimkus said he

(See BILLS, Page 9A)

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11-year sentence in beating of state trooper

By Bonita Tillman
Staff writer

The second of two men convicted of beating an Illinois State Police trooper last year has been sentenced to 11 years in prison.

Robert Bradley, 32, of East St. Louis asked the judge for mercy saying he had "suffered tremendously" from a drug addiction and wanted a chance for recovery in a long-term treatment program.

"The night this offense

occurred, I was at the wrong place at the wrong time. I'm being held accountable for my constituent's actions but I believe some leniency should be shown," he said.

State Trooper Paul Stygar was working an undercover prostitute detail in East St. Louis Sept. 29 when he picked up a man who promised to show him to a prostitute. After the woman set the price for services, Stygar said he attempted to arrest her, but three men jumped him and beat

him.

They took his gun, badge and car, which was left a short distance from the crime scene. Stygar suffered numerous bruises and abrasions.

Circuit Judge Michael O'Malley said it scared him to know that none of the group's actions were planned. He said some of the blame had to be placed on the Illinois State Police.

"At no time were the assailants aware this was a police officer and there was no permanent attempt to take the car," O'Malley said. "The jury's verdict, in part, reflects a botched operation that took place by police that evening."

"Had backup been present, this would not have happened," he added.

Assistant State's Attorney Lisa Porter said Bradley's criminal history indicated someone whose behavior is growing more violent and should be incarcerated for a long period.

"It's a great concern to the people that has he gotten older, instead of correcting the error of his ways, he's getting worse," she said. "Because of the vicious nature of this crime, he should get a term near the maximum."

Dorne Kidd was sentenced to 14 years in prison for his part in the crime and a third suspect, George Smith, was acquitted of all charges.



Amber Duff

Andrew Duff

Memorial fund for children

A memorial fund has been established to assist the family of two former Granite City children killed in a car crash June 9.

Andrew Duff, 6, and Amber Duff, 4, died as a result of a traffic accident in Salem, Mo., on June 9. Andrew was pronounced dead at the scene. Amber was taken to Salem Memorial Hospital, flown to Cardinal Glennon Hospital, where she remained in a coma, and was pronounced dead June 12.

The family had no insurance for the children.

A memorial trust fund has been set up at the Granite City Steel Credit Union, 3970 Maryville Road.

The fund has been set up in the name of Barbara Duff, the children's grandmother.

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(Staff photo by PAM DOEPKE-HURD)

New fire truck — Granite City Mayor Ron Selph, far right, presents Fire Chief Keith Talley with the symbolic keys to the city's new fire truck at the West Granite fire station on Rock Road. Firefighters Tom Carmody, left, and Mike Nesbitt look on. The new \$212,000 pumper truck was purchased with a Community Development grant and will serve both the fourth and fifth wards, as well as the downtown area.

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SIUE library to be renovated

Contracts totaling nearly \$100,000 for the renovation of the Lovejoy Library Auditorium area at Southern Illinois University at Edwardsville were approved Thursday by the SIUE Board of Trustees.

The contracts had been awarded by the Board's Executive Committee in accordance with the authority granted by the Board on April 13, as follows:

- ✓ Meyer-Korte Construction Co., Highland, general work, \$36,799.
- ✓ Drela Electric Co., Edwardsville, electrical work, \$30,998.
- ✓ Illini Supply Co., Decatur, seating work, \$23,930.

The contracts totaled \$91,727, and a 10 percent contingency brings the cost of the project to \$100,900.

The renovation is the first major improvement of the auditorium area since the Library was opened in 1965.

Because the cost of design services was below \$25,000, plans were prepared by the University's Facilities Management staff.

20 seek associate judgeships

By Scott Wuerz
Staff writer

Two associate judge vacancies in the 3rd Judicial Circuit attracted 20 candidates by the time the deadline for application passed Friday.

Judges Michael Meehan and Daniel Stack failed to receive the necessary three-fifths vote of Circuit Judges in May and were forced to step down from the positions. Their tenure on the bench officially ends June 30,

and Chief Judge Edward Ferguson said he is hopeful the positions can be filled by early July. "Interviews with each of the candidates will begin on Wednesday," Ferguson said. "They will be short — probably only 10 minutes each — and all the circuit judges will be invited to attend." The candidates and the city in which they practice law are: Assistant State's Attorney Duane Bailey of Edwardsville; part-time Assistant State's Attorney Leonard Berg of Wood River;

Assistant State's Attorney Teresa Brown of Edwardsville; Assistant Public Defender Scott Cain of Edwardsville; attorney Deborah Crouse Cobb of Edwardsville; attorney Barb Crowder of Edwardsville; U.S. Trustee's Office attorney Martha Dahm of St. Louis; attorney Charles Douglas of Glen Carbon; attorney James Drazen of Troy; Special Public Defender James Hackett of Edwardsville; attorney John Haynes of Edwardsville; attorney Edward McCar-

thy of Edwardsville; Assistant State's Attorney John McGuire of Edwardsville; attorney Douglas Marti of Greenville; Meehan, who is re-applying; attorney Greg Roosevelt of Edwardsville; attorney William Sherwood of Alton; attorney Irvin Slate Jr. of Granite City; Stack, who is re-applying; and attorney Earl Vuagniaux of Edwardsville.

Many of the candidates, including Bailey, had applied for an associate judgeship vacated by George Filcoff Jr. The spot was filled by Judge Ann Callis Rongey, causing bitter resentment from followers of Bailey, the only black candidate then and now.

Despite their dismissal from the bench, both Meehan and Stack have been supported by the Illinois Bar Association which conducted a poll earlier this year in which judges were rated by attorneys in their circuit.

Stack received a 93.10 percent approval rating, and Meehan received an 88.59 approval rating, despite their inability to gain the three-fifths vote to keep their seats.

Polsky proposal opposed

Environmentalists want the Illinois Pollution Control Board to take another look at evidence before allowing Polsky Energy Corp. to build an \$80 million wood-to-energy plant.

The Sierra Club, the Madison County Conservation Alliance and Jim Bensman of East Alton filed a joint appeal Thursday asking the Pollution Control Board to reconsider the Wood River City Council decision in April to allow the plant in the city's Lewis and Clark.

Polsky, operating as Wood River Energy, L.L.C., plans to burn scrap wood and shredded trees in its Wood River Energy Center to produce electrical power to sell to Illinois Power Co. The enterprise promises to add 50 permanent jobs and a \$5 million annual operating budget to the economy by 1997. The company's application for \$70 million in tax-exempt state bonds to help finance the project is under state review.

The joint appeal by the environmentalists asks for a public hearing and reversal of the city's siting approval. The Pollution Control Board, made up of seven experts appointed by the governor, acts as an appellate court on environmental issues.

Board attorney Marie Tipsord said the appeal will be reviewed and set for a hearing if accepted by the board, which has 120 days to make a decision. A final appeal may be made to the courts.

Polsky Vice President James Shield said Wood River Partners is fully prepared to work through the appeals process, even though it could delay construction scheduled to begin next year.

"We obviously wish this had not come about, but the time frame remains to be seen."

Bensman said the project cannot go forward until the Pollution Control Board decision is made. The energy project also requires Illinois Environmental Protection Agency permits for construction.

Bensman said the joint appeal raises questions of fundamental fairness and due process during the hearing and questions whether legal siting requirements were met.

"We don't think they met the siting criteria based on the evidence, and a public hearing to gather evidence and comments about the proposed plant was not fair," Bensman, a Sierra Club member, said.

Bensman said many of the review criteria seemed to be ignored, particularly the health effects of the proposed plant and its wetlands site. Threats from possible plant emissions and habitat loss for state-endangered birds, including the black-crowned night heron, were not addressed, he said.

Shield said Polsky's evidence clearly met specific points, although he declined to comment until he could study individual appeal items.

— From the Alton Telegraph

Correction

Businessman Joe Glik has pledged \$100,000 toward a youth center in Granite City. The donor was incorrectly identified on Page 4A of the June 15 Granite City Press-Record.

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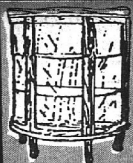
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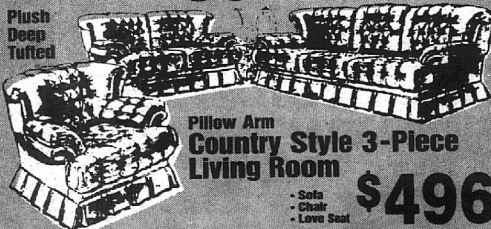
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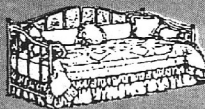


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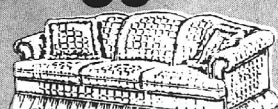


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Flooding adds to problems

Shell divers are hoping for rebound

Divers and dealers are hoping for a rebound in the shell business, but flooding and other problems may turn the shell game into a disappearing act.

After a boom in the late 1980s and early 1990s, the mussel business has taken a dive. Invasions of zebra mussels, floods and a slump in the market for the mother-of-pearl shell have pushed many mussel divers out of the business.

In 1991, the peak year for shell licensing, more than 1,500 Illinois shellers combed freshwater lakes and rivers, bringing in more than 1,200 tons of shells. Last year, however, 166 Illinois shell divers harvested only 173 tons of shells.

This year's four-month shelling season on the Mississippi River opened on April 15, but only a handful of divers have returned to crawl the river's bottom in search of three-ridge or washboard clams. Commercial diver John Ahrling of Elmhurst said he's been searching for clams in the Alton pool for the past few weeks.

"The shells are healthy and the zebra mussels don't look too bad where I've been, but high waters and strong currents make it impossible to shell most of the beds," Ahrling said. "Even though the price is up,

we're already one-fourth of the way into the season, and we have floods. I anticipate the total harvest will still be low."

A glut of shells in the market drove prices down in the early 1990s, and flooding in 1993 not only limited that season but also led to the spread of parasitic zebra mussels, which kill the more valuable mollusks.

The Illinois River was closed to mussel divers after the zebra mussel invasion in 1993.

Ahrling, a 17-year mussel diving veteran, said many people got out of the business after they found out how difficult it is to make a living diving for mussels.

"I think the number of license holders is down because divers found out it's too hard to make a living at it," he said.

Ahrling and other mussel divers should be able to demand higher prices for the few mussels they find this season, however. Shell buyer Ron Gibson of Carrollton said he expects market prices to continue to rise over the next few years.

"This year, the market will be good," Gibson said. "We're looking for the next two or three years to be good."

Japanese buyers use the mussel shells to make cultured pearls. The bivalve shells are

cut and formed into small beads, which are implanted into live oysters. In about a year, pearls are formed when the beads become coated with an oyster secretion called nacre.

With the value of the Japanese yen increasing and Japanese stockpiles of mussel shells dwindling, Gibson said 1995 could be a banner year for shell prices.

"The Japanese try to keep a five-year supply on hand, and since they didn't buy very many in '93 and very few last year, they're looking to restock," said Gibson, owner of Illinois Valley Shell. "The stronger the yen, the more shells they can buy, so now they can afford to buy more shell."

When the shell business prospered, a diver could get more than \$4 a pound for the mussel shells. In 1993, however, market value dropped to \$1.10 a pound as supply outstripped demand.

"There was an abundant amount of divers, and there were more shells being harvested than anyone ever thought there would be," Gibson said. "Three main buyers who deal with the Japanese had more shells than they knew what to do with. They had so much money tied up in them, they had to get rid of them."

— From the Alton Telegraph

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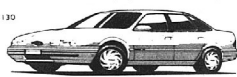
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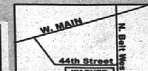
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LOCAL NEWS



Benefit ball — The Granite City Police Department teamed up to play against the local clergy in a benefit softball game that raised over \$600 for the Phoenix Crisis Center, a shelter for abused women and their children in Granite City. In photo, second baseman Dan Cochran of the police department fields a ball, as Jerry Cowin tags up.

(Photo by PHILIP WALKER)

Getting their lives back

56 graduate from drug treatment program

By Deborah H. Jones
Correspondent

Fifty-six adults and youths who are recovering from drug and alcohol addiction celebrated getting their lives back in order earlier this month at the Gateway Center in Collinsville. The 56 are graduates of the Gateway Foundation treatment centers in Belleville, Caseyville, Collinsville, Carbondale and Springfield. Other than a similar name, Gateway Foundation and Gateway Center have no connection.

"More than a graduation, this is actually a completion," said Gateway Foundation Area Director Ron Vitale. "The ceremony is a piece of each person's recovery that marks the end of formalized treatment at the Gateway Foundation Centers."

St. Clair County Sheriff Mearl Justus, the keynote speaker, told graduates that there is no more tragic occurrence than drug and alcohol addiction, but they are all on the way back to

respectability. "Today you are on your way to becoming citizens," he said. "A citizen is someone who works, pays taxes, walks down the street without looking over their shoulder and doesn't flinch when a police car drives by."

A good attitude is most important for insuring success, Justus added. He suggested the graduates always be ahead of time, avoid cheating and be prepared to give something back.

"God has given you the talent to succeed and Gateway has given you the preparation. We can do something about alcoholism and drug addiction," he said. "You are the evidence of that."

Joseph Shelley, 37, already has learned about giving back. The graduate from Peoria spent the last four months at the Caseyville center but has completed a training course to become a counselor. He works at the center teaching others the lessons he learned there.

"Until I went to Gateway, I'd been using drugs and alcohol for 25 years," he said. "I learned the things I needed to change. Getting off drugs and alcohol is

one thing, but learning to live is another."

James Bates Sr., a graduate of the Springfield facility, also works for Gateway and wants to become certified as a counselor so he can "carry the message to as many people as possible."

"This disease will eat you up," he said, "but I view recovery as a blessing, a gift from God. This is really a victory over the enemy."

Kelly Bushnell of Belleville, a staff person at the Gateway St. Louis facility, said she is really proud of all the graduates. "It's great to see them all come together," she said. "It shows we must be doing something right."

The program also strengthens the resolve of other students in the program to continue so they also can graduate.

Karen Maxwell, 29, is still in treatment at the Caseyville and Springfield facilities, but she is looking forward to her day to take the stand.

"This is really encouraging and exciting," she said. "I hope to be back as a graduate next year."

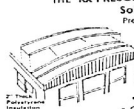
Swim class registration to begin

Registration for park district residents only to participate in session 11 of the Granite City Park District swim classes will begin on Wednesday (today) from 9 a.m. to noon at the Wilson Park pool. Registration will continue at the park office for residents only through Friday, June 23.

Additional park district residents and nondistrict residents may register beginning Monday, June 26, until classes are filled. Cost of the classes is \$15 for residents and \$25 for nonresidents.

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• Fees

(Continued from Page 1A)
alternative. People are lawsuit-happy. What kind of crazy country do we live in?" he asked.
"You go get everyone who's suing us to drop their lawsuits and I won't spend another dollar on legal fees," he said.

Greathouse said the district paid almost as much in legal fees to defend itself in a lawsuit brought by a motorcycle rider on a closed, barricaded road than it would have had to pay in medical bills if the suit was settled.

"But why would I want to pay some drunk to ride a motorcycle on the levee? We're not going to get sucked into these things because if we did then we'd have hundreds of lawsuits," he said.

Madison County Circuit Judge P.J. O'Neill, the judge in the case, found that the district was not liable and that the road was properly barricaded — in fact had about 30 tons of rock blocking the access. He also determined that the plaintiff wasn't looking where he was going — that he was looking back when he wrecked.

Greathouse said he has taken criticism for barricading levee roads and other district roads.

"One cable (off Highway 111) has been cut 25 times. But if we don't do it, we have 32 couches and 44 chairs out there and have to spend our money to clean it up," he said.

The district spent about \$300,000 in defense of an \$18-million class-action suit brought by residents of a flooded public housing complex in East St. Louis, Greathouse said.

• FEMA

(Continued from Page 1A)

Chris Tammenga, an Illinois Emergency Services Agency spokesperson, said approximately \$2.6 million has been spent in Madison County and \$4.5 in St. Clair County.

She said local governments should apply using the tele-registration numbers.

FEMA also announced 16 more Illinois counties were being declared disaster areas. Counties declared were Alexander, Brown, Calhoun, Cass, Greene, Jackson, Jersey, Mason, Monroe, Morgan, Pike, Pulaski, Randolph, Schuyler, Scott and

Union.

Romano said Illinois Gov. Jim Edgar sent a letter Friday morning to President Bill Clinton asking for the expanded aid. FEMA approved the request within 12 hours.

"On behalf of these Illinois citizens, businesses and units of government which have seen their energies and resources depleted by damage caused by severe storms and flooding, I appreciate the quick response from FEMA to expand assistance to those in need," Edgar said in a press release.

As of Sunday, Romano said 5,432 individuals and businesses had applied for federal assistance.

"The alternative was to spend \$18 million. That's \$300,000 a year for 60 years. These people have about two feet of water. Hell, when I was a kid in Granite City, we'd get two feet of water. We'd sweep it out and go about our business," Greathouse said. "Today, they sue for \$18 million."

The district has also spent a pretty penny on collections, he said. But collections were about \$100,000 a year when he took over and now total about \$2 million, he said.

"If we can't collect our bills, we can't pay our own bills," Greathouse said. "I wish I had all the money we've spent to place liens on property. I'd be a rich man."

He said some expect MESD to be all things to all people. For example, a group of farmers leasing land from the Department of Conservation recently complained that the district failed to keep the land dry and the ditches completely clear of debris.

"But how am I supposed to afford that?" Greathouse asked. "They don't pay any property tax. The conservation department doesn't pay us. Where is the money going to come from? From you and me, that's where," he said.

"I could do all kinds of things if I had more money. But I can't run a \$5 million operation on a million and a half," he said.

"I guess I could run this place into debt, but I refuse to do that."

tance. Some \$4 million worth of checks have been issued.

He said FEMA is still operating its tele-registration numbers. To register for federal assistance, call 1-800-462-9029 or 1-800-462-9029 for TDD.

FEMA is also the reducing hours that its three Flood Recovery Information Offices will be open.

As of Monday, the offices, located in Granite City, Caseyville and East St. Louis, are open from 9 a.m. to 6 p.m. Monday through Saturday.

The Granite City office is at Belleville Area College's Granite City Campus.

The agency has also reduced staffing at the offices. Each office is now staffed with a Small Business Administration loan specialist and a FEMA human services specialist. Literature on flood repair and mitigation is also available.

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Big Band series concert slated

The next Granite City Park District Big Band Concert Series will begin at 7:30 p.m. Thursday, June 22, at Wilson Park. The two-hour, free concert will feature Stan Fornasewski and his orchestra. In case of rain, the concert will be held at the ice rink.

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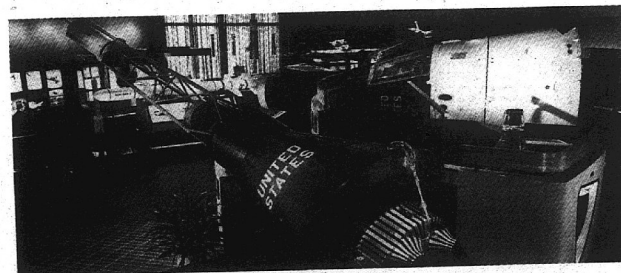
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•Tarpoff

(Continued from Page 1A)

have misused this policy and hurt local communities' environmental quality and economic well-being provides a useful case study on what's wrong with Superfund."

In Granite City, EPA has proposed spending more than \$30 million to remove lead-contaminated soil from 1,600 residential properties in a 55-block area. The agency's plan calls for the contaminated soil to be added to an existing lead pile directly above an aquifer that feeds the Mississippi River. The lead concentration in the pile tests as high as 300,000 ppm for lead.

Although groundwater contamination of up to 30 times acceptable levels has been found beneath the 200,000-ton pile, EPA has no plan to remove the pile.

Of the 1,600 residential properties targeted, only 265 have lead concentration levels of more than 1,000 ppm.

The EPA came up with a residential soil cleanup threshold of 400 parts of lead per million by use of a biokinetic uptake computer model. The computer model was designed to use site-specific data to predict the blood-lead levels of children as a function of lead in soil concentration.

But, Tarpoff said, the only data that was site-specific was air-lead concentrations. The model estimated that lead coming from lead-based paint was not a factor — even though most of the housing stock in the cleanup area is 80 years old and more than 75 percent of the properties test positive for lead paint either in or outside the home.

When EPA Project Manager Brad Bradley was asked why the leaded paint value was not included in the computer model, he said that the program would have called for a cleanup level of 200 ppm.

"EPA was essentially admitting that the model would predict that removing more soil would reduce exposure to lead paint," Tarpoff said. "This is like predicting that automobile deaths will decrease if most car tires were whitealls."

Tarpoff said the EPA's manipulation of data is either "a deliberate attempt to exaggerate" the relationship between the lead in soil and blood lead levels or "the result of an incompetent staff attempting to use a black-box computer model that has never accurately predicted blood lead concentrations."

Tarpoff said the Granite City scenario could easily be played out elsewhere in the country.

"In either case, this creative pseudo-science is having a devastat-

ing effect on Granite City's environmental and economic health — and it threatens every other community in this country whose homes contain leaded paint," he said.

In fact, he said, EPA's lead in soil policy would require a cleanup of every major highway in the country — where concentrations average about 1,100 ppm — and in most urban areas — where lead concentrations of 1,000 ppm or more are commonplace. Tarpoff said EPA's lead in soil policy has resulted in "redlining, loss in assessed valuation, decline in redevelopment activity, and destruction of infrastructure."

"A policy this wasteful with such devastating effects must be stopped immediately — with or without the reauthorization of Superfund," he said.

He said that, while EPA focuses its attention on cleaning up dirt, "real environmental hazards" are largely ignored.

Granite City has attempted to negotiate with the parties potentially responsible for the contamination to develop a cleanup plan that would address all of the pathways of lead exposure, including paint, dust, leaded water pipes and soils.

"This kind of multi-pathway cleanup plan would ensure that clinically significant blood-lead reductions could occur," Tarpoff said. "EPA seems more concerned with promoting its scientifically fallacious lead in soil policies than it is with improving environmental quality."

Tarpoff said the Superfund law needs to be reformed.

"By requiring Superfund to deal with real risks rather than the hypothetical risks invented by Superfund toxicologists, more environmental cleanups will be done in less time, with less litigation, with less money, achieving a safer environment," he said.

•Scouts

(Continued from Page 1A)

kicked off at 7:30 a.m. June 13 with a breakfast at Jessica's Cottage in downtown Granite City. In addition to the \$2,210 pledged at the breakfast, \$2,100 in pledges were turned in by local businesses at the start of the effort, campaign coordinating chairman and 7th Ward Alderman Kim Affolter said.

The campaign concludes July 31.

Those wishing to make a pledge may call Affolter at 451-1396 or Joe Schuster, district executive, at the Scout office 259-2145.

•Bills

(Continued from Page 1A)

expects 1994 tax payments to start coming in this week. He said he is planning the first distribution to taxing bodies on June 27.

About 92,000 of the tax bills were mailed directly to property owners, Shimkus said. The remainder went to mortgage companies that pay the bills from escrow accounts.

The bills reflect a total of \$145,762,088 that county taxpayers will pay in property taxes.

The General Assembly passed the freeze legislation last year, benefiting homeowners 65 and older who have household incomes less than \$35,000. The legislation set an application deadline of Dec. 1, 1994, but the law did not take effect until Nov. 30 after the Legislature overrode Gov. Jim Edgar's veto.

Applications were not available on time for the original deadline so it was extended to Feb. 15. The Board of Review usually completes its work by December or January, but the extra work created by the freeze kept the board in session until late March.

Shimkus said the deadline for paying the first installment of the 1994 bills is Aug. 5. The second installment is due by Oct. 5. Taxpayers who fail to meet those deadlines face penalties.

— From the Alton Telegraph, with information supplied by staff writer Scott Wuerz.

A List of Commonly-Used Gardening Terms from the experts at

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About a year or so ago, we printed a rather lengthy list of gardening terms. In case you're not familiar with some of them, now's a good time for a little refresher course.

Acclimate. The adjustment a plant makes to a new environment.

Acid Soil. A soil with a pH less than 6.6; sometimes called "sour."

Alkaline Soil. A soil with a pH of 7.3 or above; sometimes called "sweet."

Amendment. Anything added to improve characteristics. Peat Moss, for example, is a soil amendment.

Annual. A plant that completes its life cycle in one year. Arbor. An open frame on which vines or other plants are trained.

Backfill. The material that's dug out and returned to a hole when planting.

Bare Rooted. Plants without soil around their roots. Bed. A planting that stands alone, like an island, and is accessible from all sides.

Biennial. Plant which produces leaves the first year of its life, and flowers, fruit and seeds the second, then dies.

Bloom. 1. Flower. 2. Powdery coloration of some fruit and foliage.

Bone Meal. Crushed or finely ground bones used as a fertilizer.

Bonsai. The art of growing miniature trees.

Broadcast. Scatter seed or fertilizer.

Broadleaf Plant. A plant with wide leaves.

Capillary Action. The upward movement of water resulting from the attraction of water molecules to each other and the surrounding material.

Chlorophyll. Pigment that makes leaves green.

Columnar. A straight, narrow growth habit of some trees and shrubs.

Compost. Mixture of soil and decomposing organic material, used as a fertilizer, mulch or soil conditioner.

Cut Back. 1. Trim back roots or stems to remove all bruises or breaks when transplanting. 2. Reduce the size of trees or shrubs by removing parts of branches.

Deadhead. Remove withered flowers from a plant.

Deciduous. Plants that shed all their leaves at the end of the growing season and remain leafless during winter.

Division. Propagation of plants by separating the roots, crowns, bulbs, etc.

Dormant. Not actively growing; capable of resuming growth when conditions become favorable.

Floribunda. Many flowered. Also refers to a particular group of roses.

Foliage Plant. Plant grown for its attractive leaves rather than flowers or fruit.

Foliage. The mass of leaves a plant produces.

Fungicide. Chemical used to kill fungi or protect plants from their attack.

Germinate. Process of seed sprouting. The starting of plants from seed.

Hardy. Capable of surviving winter without artificial protection.

Heaving. Lifting of plants out of the ground, caused by freezing and thawing of soil.

Herbaceous Plant. Plant that's soft and succulent rather than woody.

Herbicide. Chemical used to kill weeds and other plants.

Irrigate. Artificially apply water.

Loam. Considered "ideal" soil. The correct amount of sand, silt and clay.

Native. Plant that grows naturally in a region.

Ornamental. Plant grown for the beauty of its form rather than for food and other uses.

Perennial. Plant that continues to live from year to year.

pH. Term used to describe the acidity or alkalinity of something.

Pinch. Remove the tip of a stem with the fingertips to make the stem branch out.

Pollination. Transfer of pollen to the female part of the flower that stimulates fruit to grow.

Potting Mix. Combination of ingredients, such as soil, perlite, vermiculite, peat moss, etc. used to grow potted plants.

Propagation. Multiplication of plants from seeds or cuttings, air layering, grafting, etc.

Pruning. Selective cutting of plant parts to encourage new growth, better blooms or shape.

Tender. Unable to tolerate cold.

Top Dressing. A substance applied to the surface of soil without being worked in.

Variegated. Alternating or scattered stripes or patches of different colors.

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Obituaries

Wilma DeShon

Wilma R. (Hawk) DeShon, 63, of Granite City, died at 5:40 a.m. Thursday, June 15, 1995, at St. Elizabeth Medical Center. She was born Aug. 25, 1931, in Granite City, where she had been a lifelong resident.

Mrs. DeShon was an unemployment compensation claim technician with the State of Illinois Department of Labor for 23 years prior to her retirement in 1993. Survivors include her husband, Wallace DeShon, whom she married April 11, 1953; two sons, Wallace DeShon Jr. of Maryville and Joseph DeShon of Granite City; three sisters, Elizabeth Spanberger and Peggy Milton, both of Granite City, and Judy Schardan of Caseyville; and two grandchildren. She was preceded in death by her par-

ents, Forest and Mary (Thompson) Hawk; and one brother, Pete Hawk. Services were Monday at Irwin Chapel in Granite City with the Rev. C. Dale Edwards officiating. Burial was in St. John Cemetery in Granite City. Memorials are requested for the American Diabetes Association, 5440 Manchester Road, Suite 104, St. Louis, Mo. 63119.

Donald Hutchings

Donald Hutchings, 75, of Pinkneyville, formerly of Granite City, died Saturday, June 17, 1995, at Missouri Baptist Hospital in St. Louis, following a one-year illness. He was born June 5, 1920, in Pinkneyville and had been a resident of Granite City for many years.

A machine operator with P.V.O. Corporation in St. Louis for 33 years prior to

his retirement in 1978, he was a member of Second Baptist Church and a World War II veteran.

Survivors include his wife, Mary Alice (Grove) Hutchings, whom he married Aug. 28, 1948; one daughter, Donna Wombling of Monticello, Ga.; one brother, Bill Hutchings of Pinkneyville; two sisters, Wanda Silbo of Pinkneyville and Anabelle Gruner of Murphysboro; three grandchildren; and one great-grandchild.

He was preceded in death by one son, Gary Hutchings; his parents, Richard and Nora (Rice) Hutchings; three brothers, Nelson, Pete and Marion Hutchings; and four sisters, Allene Groe, Jesse and Opal Campbell and Ellean Hutchings.

Services are at 10 a.m. today, Wednesday, at Thomas Memorial Mortuary, 2205 Pontoon Road in Granite City, with the Rev. David Tyler officiating. Burial will

be in Sunset Hill Memorial Estates in Glen Carbon.

Mack Carpenter

Mack Carpenter, 86, of Granite City, died at 4 p.m. Monday, June 19, 1995, at St. Elizabeth Medical Center. Arrangements are pending with Mercer Mortuary, 1416 Niedringhaus Ave. in Granite City, 678-4321.

Maxine Flowers

Maxine A. (Heagy) Flowers, 81, of Madison died at 12:26 a.m. Saturday, June 17, 1995, at Brook View Nursing Home in Maryland Heights, Mo., following a six-month illness. She was born Sept. 19, 1913, in Indianapolis and had been a resident of the Madison area for 80 years.

A homemaker, she was a member of

St. Mary's Catholic Church in Madison.

Survivors include one son, Donald C. Twellman of St. Louis; one brother, Robert Heagy of Perth, Australia; one sister, Evelyn M. Cross of Edwardsville; two grandchildren; and five great-grandchildren.

She was preceded in death by her first husband, Arthur Twellman, who died in 1962; her second husband, Johnnie Flowers, who died in 1982; and her parents, Rudolph and Elizabeth (Miller) Heagy.

Services were Monday at St. Mary's Catholic Church in Madison with the Rev. James Keefner officiating. Burial was in Calvary Cemetery in Glen Carbon. Arrangements were handled by Davis Funeral Home in Granite City. Memorials are requested for the American Cancer Society.

Eugene Henry

Eugene "Gene" Henry, 78, of Granite City died Friday, June 16, 1995, at St. Elizabeth Medical Center, following a six-month illness. He was born Dec. 30, 1916, in Granite City, where he had been a lifelong resident.

A first helper with the open heart department at Granite City Steel for 31 years prior to his retirement, he was a custodian with the Granite City School District 9, working at Coolidge Junior High School.

Mr. Henry was a World War II Air Force veteran, where he was an administrative specialist, a member of USWA and of the Protestant faith. He was the first person to bowl a perfect 300 game at Bowland in Granite City.

Survivors include two daughters, Pam Bagl and Deborah Henry, both of Granite City; one brother, Clarence Henry of Granite City; his friend, Frances Henry, and one granddaughter.

He was preceded in death by his parents, Elmer and Sara Henry. Services were Tuesday at Warner Chapel for Funerals in Pontoon Beach with the Rev. Henry Crispin officiating. Burial was in Calvary Cemetery in Glen Carbon. Memorials are requested for the Muscular Dystrophy Foundation.



Mabel Cline

Mabel (Lamb) Cline, 90, of Granite City died at 1:30 p.m. Saturday, June 17, 1995, at Madison County Nursing Home in Edwardsville, following a four-year illness. She was born Oct. 17, 1904, in Fair Dealing, Mo., and had been a resident of Granite City since 1916.

A self-employed beautician for more than 50 years prior to her retirement in 1979, she was a member of St. John United Church of Christ in Granite City.

Survivors include one daughter, Mary Lee Kohne of Glen Carbon; two grandchildren, and one great-grandchild. She was preceded in death by her parents, John and Mary (Woodring) Lamb; two brothers, Noah "Jack" and Noble Lamb; and one sister, Lillie Kennedy.

Services were Tuesday at Mercer Mortuary in Granite City with the Rev. Robert Miner officiating. Burial was in Sunset Hill Memorial Estates in Glen Carbon. Memorials are requested for St. John United Church of Christ or the Humane Society.

(See OBITUARIES, Page 11A)

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Obituaries

(Continued from Page 1A)



Mary Brominski

Mary R. (Brunch) Brominski, 76, of Granite City, died at 12:45 p.m. Sunday, June 18, 1995, at Elmwood Care Center in Maryville, following a six-year illness. She was born Sept. 4, 1918, in Granite City where she had been a lifelong resident and operator of the Coffee Mill from 1957 to 1972 and the Grand Cafe from 1972 to her retirement in 1989, she was a member of Holy Family Catholic Church in Granite City and the Young at Heart group and served as past president of the Granite City Eagles Aerie 1313 Ladies Auxiliary.

Survivors include two sons, Eugene Brominski of Glen Carbon and Emil

Brominski of Sylva, N.C.; one brother, Joseph Brunch of Granite City; one sister, Kathryn Clark of Granite City; four grandchildren; and one great-grandchild. She was preceded in death by her husband, Henry Brominski, whom she married Jan. 17, 1951, and who died Dec. 29, 1987; her parents, Joseph and Anna (Dobekar) Brunch; and two brothers, Stanley and Frank Brunch.

Visitation is from 5 to 8 p.m. today, Wednesday, at Irwin Chapel, 2801 Madison Ave. in Granite City, where a prayer service will be held at 6:15 p.m. and an Eagles service at 7 p.m. today.

Services are at 9 a.m. Thursday at Holy Family Catholic Church, 2606 Washington Ave. in Granite City, with the Rev. William Fisher officiating. Burial will be in Calvary Cemetery in Glen Carbon.

Memorials are requested for the American Cancer Society.



Mary Dorch

Mary C. (Brown) Dorch, 81, of Granite City died at 8:45 p.m. Tuesday, June 13,

1995, at Colonial Care Center in Granite City, following a three-month illness. She was born Dec. 20, 1913, in Ironport, Mo. A credit manager with Coats and Clark in St. Louis for 37 years, she was a member of First Assembly of God Church in Granite City.

Survivors include one son, the Rev. Richard Dorch of Clearwater, Fla.; two stepsons, Edwin B. Dorch of Walnut Creek, Calif., and Kenneth Dorch of Granite City; one stepdaughter, Mary Frances Green of St. Louis; one brother, Harold Brown of Ocala, Fla.; two sisters, Margaret McCalla of Granite City and Marie Schwabe of Daytona Beach Shores, Fla.; and several grandchildren, great-grandchildren and great-great-grandchildren.

She was preceded in death by her husband, Harry Dorch, whom she married Dec. 20, 1929, and who died April 2, 1995; her parents, Fred and Ada (Marks) Brown; three brothers; and one sister.

Services were Monday at First Assembly of God Church in Granite City with the Rev. Ben Leonard officiating. Burial was in Lake View Memorial Gardens in Fairview Heights. Arrangements were handled by Irwin Chapel in Granite City.

Memorials are requested for First Assembly of God Church.

Neil Christopher

Neil B. Christopher, 61, of Granite City died at 10 p.m. Saturday, June 17, 1995, at Colonial Nursing Home in Granite City. He was born June 14, 1934, in Carlton, Neb. and had been a resident of Granite City for 34 years.

A supervisor with Owens-Illinois Corporation in Alton and Mount Olive for 40 years prior to his retirement in 1976, he was a member of St. Peter Evangelical United Church of Christ in Granite City and the Masonic Lodge 612 in Shipman, Ill.

Survivors include his wife, Ruth (Can-

dier) Christopher; one son, Michael Paul Christopher of Murphysboro; two brothers, Carlos and Alan Christopher, both of Shipman; and two grandchildren.

He was preceded in death by his parents, Earl and Marie (Ryle) Christopher. Mr. Christopher's remains were cremated.

A memorial service will be held at 10 a.m. Friday at St. Peter Evangelical United Church of Christ, 2101 Cleveland Blvd. in Granite City, with the Rev. Rose Hemminger officiating. Arrangements are being handled by Davis Funeral Home in Granite City.

Memorials are requested for St. Peter Evangelical United Church of Christ.



Edward Heintz

Edward J. Heintz, 66, of Granite City, formerly of Florissant, Mo., died at 8:30 p.m. Thursday, June 15, 1995, at his resi-

dence, following a sudden illness. He was born April 12, 1929, in St. Louis and had been a resident of Granite City for 31 years.

A postmaster with the U.S. Postal Service for 26 years prior to his retirement in August 1990, he was a member of St. Elizabeth Catholic Church in Granite City, the Holy Name Society and Knights of Columbus Council 1098 in Granite City and a U.S. Marine veteran.

Survivors include his wife, Gloria J. (Lippold) Heintz, whom he married April 12, 1958, in St. Louis; four sons, Edward L., Gerald, Christopher and Bernard Heintz, all of Granite City; two daughters, Theresa Weigartz of Florissant and Ann DeShon of Granite City; one brother, Tom Heintz of St. Clair, Mo.; two sisters, Jeanette Fieberg of Kirkwood, Mo., and Pat Buchholz of Florissant; and three grandchildren.

He was preceded in death by his parents, Edward A. and Gertrude (Goetsch) Heintz; and one sister, Celeste Viviani.

Services were Tuesday at St. Elizabeth Catholic Church in Granite City with the Rev. Robert DeGrand officiating. Burial was in Calvary Cemetery in Glen Carbon. Arrangements were handled by Thomas Memorial Mortuary in Granite City.

Memorials are requested for the St. Elizabeth Catholic Church Building Fund.

Mariann Wahl

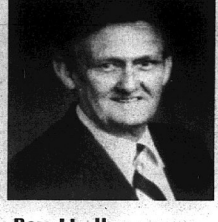
Mariann E. (Herber) Wahl, 61, of Granite City died Saturday, June 17, 1995, at St. Elizabeth Medical Center. She was born July 15, 1933, in St. Louis.

A bookkeeper with Guarantee Electric Company, she was a member of the American Legion Post Auxiliary 283, AMVETS Post Auxiliary 204 and the Granite City Eagles Auxiliary 1125.

Survivors include her husband, Donald R. Wahl; one daughter, Donna Jaycox of Granite City; and one grandson. She was preceded in death by her parents, Adolph and Anna (Gladner) Herber.

Graveside services and burial are at 9 a.m. today, Wednesday, in New St. Marcus Cemetery in St. Louis.

Arrangements are being handled by Southern Funeral Home in St. Louis.



Ray Hadley

Ray B. Hadley, 68, of Granite City, formerly of Venice, died at 7:20 p.m. Thursday, June 15, 1995, at his residence, following a 14-month illness. He was born Nov. 17, 1926, in St. Louis.

A maintenance and warehouse worker with Granite City School District 9 for 30 years prior to his retirement in 1991, he was a member of Holy Family Catholic Church in Granite City, Knights of Columbus, Veterans of Foreign Wars Post 1300 and the Disabled American Veterans.

He was an Army veteran, serving from 1947 to 1950, and a Korean War Navy veteran, serving from 1950 to 1954. Survivors include his wife, Wanda (Berghsneider) Hadley, whom he married Sept. 17, 1955, in Granite City; one son, Mark Hadley of Granite City; one daughter, Kathleen Boyer of Granite City; and three grandchildren.

He was preceded in death by his parents, Bernard Hadley and Mildred (Sternik) Hadley Pratt; and three brothers, Les, Norvell and Harry Hadley.

Services were Monday at Holy Family Catholic Church in Granite City with the Rev. William Fisher officiating. Burial was in Lake View Memorial Gardens in Fairview Heights. Arrangements were handled by Irwin Chapel in Granite City.

Memorials in the form of Masses or to the Holy Family Catholic Church Memorial Fund are suggested.

Water

(Continued from Page 1A)

The ICC has until Jan. 1 to make a decision on the water company's third rate increase request in less than five years.

The water company also faces potential opposition, as it has in the past, from attorneys for National Steel Co. in Granite City and the Fosterburg and Jersey County rural water districts.

The ICC held public forums in April in Florissant and East St. Louis to take testimony after getting requests from city officials in those communities.

The water company said the increase was needed because of higher operating costs.

— From the Alton Telegraph

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♥ I love my Journal. It gives local information that other sources don't give. Rita B. - Southside

♥ We like your conservative viewpoints, more traditional and representative of our outlooks. Larry & Pam Z. - West County

♥ I enjoy your paper very much and lately the editorial page and local news. Thanks. Mrs. Evelyn P. - Ballwin

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BASEBALL
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all-area teams.
Next week

LOCAL JOURNAL SPORTS

Section B

BASEBALL

Journals Athletes of
the Year.

July 5



1995 Journals All-Area Softball Team Kraus 'took charge' for Maroons

By Scott Marlon
Staff writer

Kym Kraus was a hit — in more ways than one — for the Belleville West softball team this season. A combination of offense, defense and leadership helped Kraus, a senior shortstop, become the *Journals* Class AA Player of the Year. She edged pitcher-shortstop Stacy Siebert of state champion Belleville East in voting among local coaches.

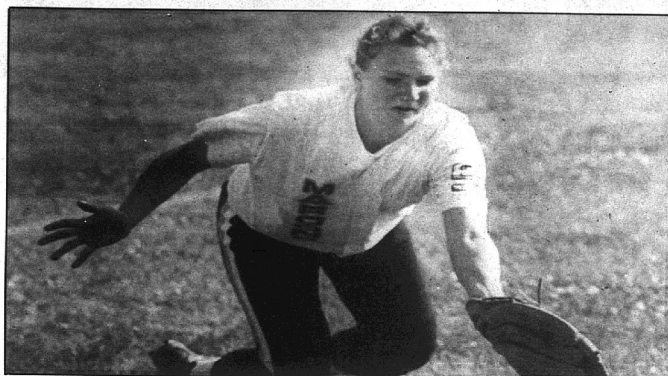
Voting was based primarily on regular-season performance, as ballots were due before the start of the sectional tournament on June 3.

"KYM TOOK CHARGE — she was certainly the MVP for us," said West coach Tom Ninnis, who retired after the 1995 season. "We moved her up to the leadoff spot; she got on base a lot and set a (school) record for extra-base hits. Once she gets on base, it's hard to stop her from scoring."

"Last year we batted her in the No. 3 spot and it put a lot of pressure on her. She felt a lot more relaxed batting No. 1. It gave her a good opportunity to bunt. A lot of times she was able to bunt for a hit. But if everyone was playing in, she could bust one for extra bases."

After batting .333 with nine extra-base hits as a junior, Kraus capped her prep career by batting .381 (40 for 105) with eight doubles, 10 triples and six home runs. She scored 41 runs, drove in 23 and had a fielding percentage of .950.

"ONE GOAL I SET for myself was to hit better than last year," said Kraus, who shared MVP honors in the Southwestern Conference with Siebert. "The



Kym Kraus started her prep career as an outfielder.

weightlifting I did over the winter helped a lot. I wanted to work harder this year because I knew it was my last year."

"I don't know if I felt stronger (at the plate), but I was a lot more comfortable. Coach Ninnis kept telling me I could hit the ball, and it finally sunk in this year."

"I consider myself fairly fast. You have to have some speed to get all those triples."

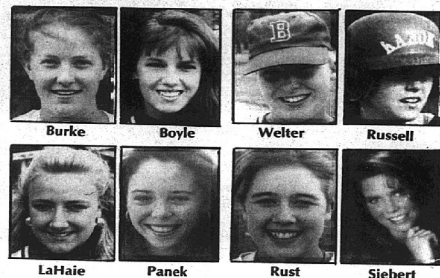
Kraus played shortstop for several games as a freshman when Dawn Daenzer was hurt. She moved to right field for her sophomore season before returning to shortstop in 1994.

"I FEEL MORE comfortable on the infield," Kraus said. "I hadn't played a whole lot in the outfield before my sophomore year, but you get used to it. Defensively, I guess I did pretty well this year. I didn't make as

(See KYM, Page 2B)

Journals All-Area Class AA Softball

1B Stephanie Burke.....	Belleville West
2B Jenny Boyle.....	Belleville East
3B Lindsay Welter.....	Belleville East
SS Kym Kraus.....	Belleville West
C Kelly Russell.....	Collinsville
OF Melanie LaHaie.....	Belleville East
OF Melissa Panek.....	Belleville East
OF Lindsay Rust.....	Belleville West
P Stacy Siebert.....	Belleville East
Player of the Year: Kym Kraus	



The rest of the team...

The following are capsule summaries of the rest of the *Journals* Class AA all-area softball team.

FIRST BASE

Stephanie Burke, senior, Belleville West: After batting .384 as a junior, Burke was even better in her final prep season. She hit .394 with 14 RBIs and 20 runs scored and had a fielding percentage of .950.

"Stephanie was really consistent all three years she played for us," said coach Tom Ninnis. "She's an excellent first baseman with a good glove. She's a tall target and she'll bail you out sometimes if you make a bad throw."

"I was disappointed a few more colleges weren't excited about her, but she's content to play at BAC and stay at home. She's a left-back, easygoing person. She gives the impression that everything is under control."

SECOND BASE

Jenny Boyle, senior, Belleville East: Boyle batted .421 (best among the Lancers' regulars) with 48 hits, also first on the team. She was second in runs scored (35) and doubles

Class AA

(eight) and drove in 24 runs. "Most teams overlooked her because she doesn't make the flashy, diving plays," said coach Rita Menke. "But at the state tournament, she received some MVP votes. For three years, she's been our overall most consistent player, offensively and defensively."

"She was our quiet leader; she led by example. Her off-season training and conditioning helped her greatly."

THIRD BASE

Lindsay Welter, senior, Belleville East: A three-spot star, Welter batted .376 for the state champion Lancers, with 27 runs scored, 20 RBIs and 41 hits.

"Midway through the season, we made some adjustments and moved Lindsay to third base, and she made no fielding errors," said coach Rita Menke. "She played third base like it was her territory. She took a lot of pride in that position. She has the softest hands and the very best glove of anybody on the team."

(See CLASS AA, Page 2B)

Gentz emerges as Wesclin star

By Scott Marlon
Staff writer

Missie Osa didn't know much about her players when she became head coach of the Wesclin High softball team just a week before the Warriors' first game this spring. But it didn't take her long to realize she had something special in Erin Gentz.

A sophomore catcher, Gentz is the *Journals* Class A Player of the Year. She batted .435 with 23 RBIs, six doubles, one triple and one home run for Wesclin, which finished with a 16-8 record.

"ERIN IS A great player," Osa said. "She's always in the game trying to keep the girls going. At the plate, she's real aggressive. I've never seen a girl hit the ball like she does. She's also a great catcher. She's very good behind the plate, she's smart and she keeps the pitcher going. It's nice having her back for two more years. She's good in school, too, and that will be a plus for her when she goes on to college."

The postseason honors were a pleasant surprise to Gentz, who would rather talk about her teammates. "We had a bunch of girls who wanted to play and do well," Gentz said. "We realized we had a chance to accomplish some goals like winning the (Cahokia) conference (the Warriors finished second) and winning at least one game in the regional (Wesclin lost to Mater Dei in the

'Erin is a great player. She's always in the game trying to keep the girls going. It's nice having her back for two more years. She's good in school, too, and that will be a plus for her when she goes on to college.'

— Missie Osa
Wesclin coach

championship game). "We should be good again next year since we lost only three players. Dana (Herzing's) pitching was very good; that's what led the team to most of our victories. I've known her since we were little kids. We started playing softball together when I was in fifth grade and she was in sixth grade."

"She threw so hard that no one wanted to catch her, so I decided to try it. Her improvement has helped me improve. We know each other real well; if she's in a slump or I'm not doing well, we'll pick each other up."

SOFTBALL HAS BEEN A part of Gentz's life for as long as she can remember. "I started T-ball in second grade, but ever since I was 3 I was out in the yard playing," said Gentz, who lives in New Baden. "Both my parents (Eric and Tammy) support me, and my dad has been my coach all these years."

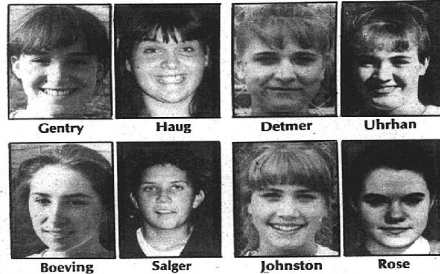
"Mr. Fornoso (the late Manny



Erin Gentz was as dangerous at the plate as she was solid defensively behind it.

Journals All-Area Class A Softball

1B Emily Gentry.....	Freeburg
2B Jessica Haug.....	Columbia
3B Dee Detmer.....	Wesclin
SS Mandy Uhrhan.....	Dupo
C Erin Gentz.....	Wesclin
OF Jamie Boeving.....	Freeburg
OF Wendy Salger.....	Red Bud
OF Cortney Johnston.....	Althoff
P Leslie Rose.....	Dupo
Player of the Year: Erin Gentz	



The rest of the team...

The following are capsule summaries of the rest of the *Journals* Class A all-area softball team.

FIRST BASE

Emily Gentry, junior, Freeburg: Gentry made only three errors all season while batting .342 with seven triples, three doubles and 13 RBIs.

"Emily is an excellent fielder with outstanding speed batting from the left side," said Midgett's coach Tom Lodes. "She played a little bit last year, but this was her first year as a varsity starter. She took the first base position and did a great job."

"She batted over .400 much of the year. For any first-year starter to bat over .300 is impressive, but she did it with a lot of extra-base hits."

SECOND BASE

Jessica Haug, senior, Columbia: Haug is a three-year starter for the Columbia Lady Eagles at second base, and according to her coach was a team leader.

"While she didn't have the great numbers offensively, anytime a ball was hit her way I knew she was going to be able to make the play," Lady Eagles

Class A

coach Rhonda Bussan said. "Defense was definitely the strongest part of her game. She's going to be missed."

Haug had a batting average that hovered at the .265 mark most of the season. She did drive in 13 runs, but her claim to fame was her fielding. Over the course of 23 games, Haug committed only three errors.

The Lady Eagles finished the season with a record of 13-10 and tied for second in the Cahokia Conference.

THIRD BASE

Dee Detmer, senior, Wesclin: One of the Warriors' veteran leaders, Detmer batted .303 with 20 runs scored.

"This was the first year Dee played third base, and she did an excellent job," said Missie Osa, Wesclin's first-year head coach. "She's strong defensively and didn't make very many errors. As a senior, she was one of our leaders."

"She had trouble sometimes at the plate, but she came out of it and was a pretty consistent hitter."

(See CLASS A, Page 2B)

Tieman, Triplets overcome Alton

By Tony Panozzo
Staff writer

A two-run double by Brad Ervay keyed a fourth-inning comeback by Tri-City as the Triplets defeated Alton 7-2 on Saturday.

Ervay, who went 2-for-3 with three runs batted in, came to bat with the bases loaded in the fourth and the Triplets behind 2-1. He smacked a double to left field off Alton starter Ryan Lewis to put the Triplets ahead for good, and Brian Lloyd followed with a sacrifice fly to make it 4-2.

ERVAY ADDED AN RBI single in the sixth, when the Triplets scored three more runs to pad their lead. Tri-City pitcher Matt Tieman shook off a slow start and went the distance for his second victory in four days.

The Triplets, who were coming off Thursday's 5-2 loss in eight innings to Collinsville, moved to 6-2 with the win.

"I was really concerned about this game," Tri-City manager Doug Winfield said. "I thought we might have a little bit of a letdown after losing to Collinsville in extra innings."

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ALTON					TC				
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Arto IV	0	0	0	0	TC	0	0	0	0
Arto V	0	0	0	0	TC	0	0	0	0
Arto VI	0	0	0	0	TC	0	0	0	0
Arto VII	0	0	0	0	TC	0	0	0	0
Arto VIII	0	0	0	0	TC	0	0	0	0
Arto IX	0	0	0	0	TC	0	0	0	0
Arto X	0	0	0	0	TC	0	0	0	0
Arto XI	0	0	0	0	TC	0	0	0	0
Arto XII	0	0	0	0	TC	0	0	0	0
Arto XIII	0	0	0	0	TC	0	0	0	0
Arto XIV	0	0	0	0	TC	0	0	0	0
Arto XV	0	0	0	0	TC	0	0	0	0
Arto XVI	0	0	0	0	TC	0	0	0	0
Arto XVII	0	0	0	0	TC	0	0	0	0
Arto XVIII	0	0	0	0	TC	0	0	0	0
Arto XIX	0	0	0	0	TC	0	0	0	0
Arto XX	0	0	0	0	TC	0	0	0	0
Arto XXI	0	0	0	0	TC	0	0	0	0
Arto XXII	0	0	0	0	TC	0	0	0	0
Arto XXIII	0	0	0	0	TC	0	0	0	0
Arto XXIV	0	0	0	0	TC	0	0	0	0
Arto XXV	0	0	0	0	TC	0	0	0	0
Arto XXVI	0	0	0	0	TC	0	0	0	0
Arto XXVII	0	0	0	0	TC	0	0	0	0
Arto XXVIII	0	0	0	0	TC	0	0	0	0
Arto XXIX	0	0	0	0	TC	0	0	0	0
Arto XXX	0	0	0	0	TC	0	0	0	0
Arto XXXI	0	0	0	0	TC	0	0	0	0
Arto XXXII	0	0	0	0	TC	0	0	0	0
Arto XXXIII	0	0	0	0	TC	0	0	0	0
Arto XXXIV	0	0	0	0	TC	0	0	0	0
Arto XXXV	0	0	0	0	TC	0	0	0	0
Arto XXXVI	0	0	0	0	TC	0	0	0	0
Arto XXXVII	0	0	0	0	TC	0	0	0	0
Arto XXXVIII	0	0	0	0	TC	0	0	0	0
Arto XXXIX	0	0	0	0	TC	0	0	0	0
Arto XL	0	0	0	0	TC	0	0	0	0
Arto XLI	0	0	0	0	TC	0	0	0	0
Arto XLII	0	0	0	0	TC	0	0	0	0
Arto XLIII	0	0	0	0	TC	0	0	0	0
Arto XLIV	0	0	0	0	TC	0	0	0	0
Arto XLV	0	0	0	0	TC	0	0	0	0
Arto XLVI	0	0	0	0	TC	0	0	0	0
Arto XLVII	0	0	0	0	TC	0	0	0	0
Arto XLVIII	0	0	0	0	TC	0	0	0	0
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Arto LVII	0	0	0	0	TC	0	0	0	0
Arto LVIII	0	0	0	0	TC	0	0	0	0
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Arto LXV	0	0	0	0	TC	0	0	0	0
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Arto LXXXXXXXVII	0	0	0	0	TC	0	0	0	0
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•Kym

(Continued from Page 1B)

many errors as last year and I was a little more relaxed."

West was 29-4 this season, with three of its losses to Belleville East. For the second year in a row, the Maroons failed to advance out of the regional despite an outstanding regular season.

"We came together as a team this year, especially on defense," Kraus said.

"Everybody knew what the other person could or couldn't do. We hit a lot more at the beginning of the season than at the end, and that hurt us. You've got to hit to win (West lost 2-0 to East in the regional championship game), and we didn't do it."

"LOSING THIS YEAR was more disappointing because I knew I didn't have a next year. We wanted to at least win the

•Erin

(Continued from Page 1B)

Fornoso) also helped me improve a lot. He coached our junior high team when I was in seventh grade and Dana was in eighth grade and we won the conference. Mr. Fornoso's influence on the team is what got us there, and it's what made my dad organize a team to play in St. Louis, along with Jeff Harris."

"I started out playing third base and shortstop. I tried to pitch, but it didn't work out too well because I had too much of an attitude. If I walked somebody, I would get upset. But that attitude made me a better catcher and it made me competitive."

GENTZ IMPRESSED opposing coaches with her offensive skills, but she's a solid defensive

player as well.

"Everybody we played didn't seem to run very much against us, so I guess they figured they might get thrown out with my arm," Gentz said. "Catching Dana, you have to be good defensively because she throws so hard."

Gentz's summer team, the Cougars, includes Weslin teammates Herzling, Lindsey Brefeld and Jenny Mochokoch as well as players from Waterloo, New Athens, Marissa, Lebanon, Nashville and Highland.

"Playing that level of competition has helped me a lot," Gentz said. "In our first year we were lucky to win one or two games in tournaments. But when my dad put a new team together for our second year, we got second place (in a regional tournament) and qualified for the (NSA) World

series in Chattanooga, Tenn.

"This year it seems like we've improved even more. We finished third in a big tournament and we won 12 of our first 13 games."

"The girls on the team weren't all-stars at their schools, but they're good players and nice people. They put us together and we bonded into a really good team. It also showed from our (high school) play that we've improved from last year."

SOFTBALL IS GENTZ'S No. 1 sport, but she also played all-stars at their schools, but they're good players and nice people. They put us together and we bonded into a really good team. It also showed from our (high school) play that we've improved from last year."

"With Kristen Koch (a four-year starter and the year's Class A Girls Basketball Player of the Year) gone, we really have to get together as a team," Gentz said. "We have to rebound and we have to hustle."

Gentz, who has a 3.6 grade-point average, is already thinking college.

"I want to get a scholarship and go to McKendree," she said.

KRAUS WAS SCHEDULED to play softball this summer for the St. Charles (Mo.) Foxes, along with West teammate Kelly Gauch and East's Missy Panek. But she played only a few games before undergoing arthroscopic surgery on her right knee June 18.

"(The doctors) needed to go in and make sure I haven't torn any cartilage," said Kraus, who will be sidelined four to six weeks. "I hurt it in March, but I waited until the end of the season (to have surgery) so I wouldn't have to sit out. It didn't bother me a whole lot unless I twisted it the wrong way. Any pain is tolerable your senior year."

Last week, Kraus accepted a scholarship to play softball at Southeast Missouri State University. She had also been considering Belleville Area College.

Series in Chattanooga, Tenn.

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•Class AA

(Continued from Page 1B)

CATCHER

Kelly Russell, junior, Collinsville: Somehow it never sunk in with opponents that they couldn't steal off the Lady Kahoks receiver. She threw out 20 would-be base stealers. While most area coaches noticed her defense, she had a steady season at the plate, batting .315.

"Kelly has excellent defensive skills," coach Stan Schaeffer said. "She has a quick release and a good arm. She threw quite a few people out."

"She's a clutch hitter. She's batted three, four or five since she was a designated hitter as a freshman. Her average has never dipped below .300."

OUTFIELD

Lindsay Rust, sophomore, Belleville West: A late-season injury kept Rust out of the regional, but she still batted .345 with 16 RBIs and 16 runs scored.

"Lindsay really contributed a lot to the team," said coach Tom Nims. "She's an excellent outfielder and she gets a good jump on the ball. Every game, you could see her getting better."

"She earned varsity letters this year and two as a freshman. The last week of the regular season against Cahokia, she broke her thumb. It was just a fluke thing, and she was as disappointed about it as we were."

•Class A

(Continued from Page 1B)

classes and she helped me out the most when I was learning about the team. She was the one who talked me into taking the job."

SHORTSTOP

Mandy Uhrhan, sophomore, Dupu: Uhrhan, just a sophomore in 1995, excelled both at the plate and at her

OUTFIELD

Melanie LaHale, junior, Belleville East: LaHale, who shared co-captain duties with Stephanie Theobald, batted .389 with 30 runs scored, 26 RBIs, 15 extra-base hits and 14 stolen bases.

"I think we had the best outfield in the state, with the fastest players and strongest arms," said coach Rita Menke. "Melanie and Missy (Panek) were three-year starters and their experience really paid off. Melanie struggled with her hitting early in the season, but she really came around."

"She was a power hitter, she could slap bunt and she could drag bunt. The opposition didn't know what she was going to do. If we were down, it seemed Melanie was always the sparkplug who got us back in the game."

OUTFIELD

Melissa Panek, senior, Belleville East: Panek lifted her batting average up to .330 with 26 runs scored, 10 extra-base hits and 16 stolen bases.

"This was Missy's best year—she finally hit up to her potential," said coach Rita Menke. "She hit effectively from the left and right sides with her bunting and slapping. She was our strongest pitcher and probably bunted more than anyone on the team; she led us in sacrifice bunts."

"She batted in the No. 9 spot and was our secret weapon."

shortstop position.

She terrorized opposing pitchers to the tune of .531, with nine doubles, three triples and two home runs, including the first-ever four-bagger at Dupu High's new diamond.

Also, in 58 plate appearances, Uhrhan only struck out twice. She finished in the top three in every offensive statistic on the Lady Tigers.

"She was basically No. 1 in everything except stolen bases," said Dupu coach Randy Blakely. "She's also a great leader on the team, although she doesn't say much. She does her talking with her bat and her glove."

Uhrhan made only two errors despite starting all games at shortstop.

OUTFIELD

Jamie Boeving, sophomore, Freeburg: In her first full varsity season, Boeving batted .270 with 14 RBIs and made no errors in 28 chances in right field.

"She played a little at first base the end of last season, but did an excellent job in the outfield this year," said coach Tom Lodes. "She bats lefthanded and can get (safely)

Teams seemed to overlook her, but she was 6 for 12 at bat. Her most memorable defensive play was in the state semifinals (when Panek gunned down a runner at the plate against Morton). If she had made a bad throw, the game would have been over."

PITCHER

Stacy Siebert, senior, Belleville East: As a pitcher, Siebert was 16-2 with a 0.56 ERA, including three wins at the state tournament. Offensively, she had a .388 batting average and led the Lancans to runs scored (37), RBIs (31) and stolen bases (26).

"Stacy was our most solid performer the last three years," coach Rita Menke said of Siebert, who became a varsity starter midway through her freshman season. "One of her greatest strengths was her fielding off the mound. She took the bunt right out of the other team's hands by throwing out the lead runner."

"She shared pitching duties (with Stephanie Theobald and Missy Panek) through the sectional, but the coaches felt she was our strongest pitcher for the state tournament and she proved us right. She was honorable mention All-State, MVP at the state tournament and team MVP in her sophomore, junior and senior years. She won the Edgewood Award this year, which is the most prestigious athletic award at East."

to first base when a lot of other girls would be out there."

OUTFIELD

Wendy Salger, senior, Red Bud: Salger, a senior, was the Lady Musketeers' leading hitter this spring with a .388 average. She led the team with eight doubles and added a triple. She also had 16 RBIs for the season in which Red Bud challenged for the top spot in the Cahokia Conference race.

OUTFIELD

Courtney Johnston, junior, Alton: After a short start, Johnston finished with a .385 batting average, 15 RBIs, four triples and two home runs.

"She came on in February at midseason," said Crusaders coach Mary Kloess. "Early in the year she batted way down in the lineup, but she ended up batting in the No. 2 spot. It's one of those confidence things; she really wasn't certain how good she was."

PITCHER

Leslie Rose, junior, Dupu: Rose proved to be one of the greatest impact players in the area, although she played in only 10 games this spring. After transferring from Cahokia High this past winter, Rose encountered eligibility problems throughout the season. But when she played she was among the best. Rose was 8-2 on the mound with a 1.04 ERA. Opposing batters hit only .148 against her, and she fanned 111 batters in only 67 innings.

At the plate, she was nearly as effective. Rose hit a robust .328, with 12 hits in just 28 at-bats.

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•Triplets

(Continued from Page 1B)

load the bases. Ervay's double scored Wood and Nemeth, and Kuehnelt came home on Lloyd's flyout to center.

The Triplets chased Lewis in the sixth with another three-run inning. Nemeth walked to begin the inning, and Jay Munson came on to relieve Lewis. After Kuehnelt reached on an error, Kyle Briggs was hit by a pitch to load the bases. Ervay then singled in Nemeth to make it 5-2, and Munson hit Lloyd with

another pitch to bring home Kuehnelt for a 6-2 lead. Roe walked with the bases loaded later in the inning to round out the scoring.

Tietman (2-0), who allowed just three hits through seven innings, struck out seven batters. He was not overpowering but retired 11 straight batters at one point, working perfect innings in the fourth, fifth and sixth.

The Triplets provided an early cushion in the first, when Wood homered over the left field fence with two out.

"That got us out quick and I think it gave everybody else a boost knowing they could hit (Lewis)," Winfield said. "Everybody contributed."

"They're playing pretty well right now. They seem to be relaxed and having a good time."

It was the sixth victory in seven games for the Triplets, who were scheduled to play Highland at home Tuesday. Tri-City is scheduled to take on Belleville in its next game at 7:30 p.m. tonight at home.

•Petroski —

(Continued from Page 2B)

state tournament and placed second. Petroski was named All-State and was recruited by several Division I programs, including St. Louis University and Alabama-Birmingham.

Petroski's signing now nullifies the scholarship he had received to attend Southern Illinois University-Edwardsville this fall. Petroski signed with SIUE earlier this year and was expected to be a major addition to a program that will make a drop from NCAA Division I to Division II next season.

But Petroski will instead go the pro route, and he is starting out at the very top. The average annual salary for players in the Bundesliga is \$200,000.

"Playing with them, that's big," Petroski said. "It's great. This is my dream."

•Games —

(Continued from Page 2B)

Illinois" beginning on July 1 from Fairview Heights and ending at the July 21 opening ceremonies at SIUE's Olympic Festival Stadium.

The torch will be lit on July 1 and blaze over 500 miles on a 21-day journey, including 800 runners covering 15 cities throughout Illinois. The cost to carry the torch is \$10 per 1.5 of a mile. Each runner will receive an official 1995 PSG torch relay T-shirt and a chance to carry the torch in an Olympic-style relay.

For more information on the run, contact Kip D. Heinle at 632-1002.

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Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty. Corrections, additions and deletions of information are encouraged, and new entries may be added at anytime by calling the newsroom at 876-2000. This calendar runs in every Wednesday's Journal.

Wednesday, June 21

Granite City Business and Professional Women, meeting at Jerry's Cafeteria. Dinner at 6:30 p.m., followed by a program at 7 p.m. Open to the public. For more information call 452-5391 or 451-8914.

Singles Connection, meet at 7 p.m. at Bobby's Custard. Call John at 345-5042 for more information.

Disabled American Veterans Chapter 53 will offer a service officer from 1 to 3 p.m. at the Tri-City Veterans Home, located at 1417 19th St., in Granite City. Call 876-7816 for more information.

Granite City Chess Club meets from 6 to 9 p.m. at the Granite City Public Library. For more information, call 876-4329.

Pulmonary Support Group, for

persons with diagnosed lung condition, 11 a.m. to noon in 4-Doctors Solarium, St. Elizabeth Medical Center, 798-3019.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City. 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. Elizabeth School's Noah's Ark Day Care, Pontoon Beach, Granite City. The meetings are closed except for the last Wednesday of the month.

Collinsville Area Recreation District in conjunction with the Boots and Sippers Square Dance Club will sponsor square dance lessons from 7 to 9 p.m. at Lanhams, 2200 Vandavia St., Collinsville. The cost is \$2.50 per person, per session. For information, call 344-4636 or 344-4183, or contact CARD at 346-7529.

Divorced and Separated Group Ministry, 7:30 p.m., Eden United Church of Christ, 803 Second Street, Edwardsville, 656-9268.

Al-Anon, 7:15 p.m., Gateway Foundation, 900 Lincoln, Caseyville, 463-2429.

Parents Anonymous Group, meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 463-2714.

Management Class, 7 to 9 p.m. at Mental Health Services, 50 Northgate Industrial Drive, Granite City. For people who want to know what causes

stress, how it affects their lives, and what they can do about it. For more information, call 877-4420. Fees are based on a sliding income scale.

Madison Community Action Group, meets at 7 p.m. For more information call Dan at 452-2336 or Diane at 876-1380.

Thursday, June 22

Gateway Artists Guild will meet at 7 p.m. at the Collinsville Memorial Library, 406 W. Main St. in Collinsville. Joyce Robbins Wells of Belleville will present a slide lecture on art. There is no admission fee and guests are welcome.

Quad-County Cancer Assistance Inc. will meet at 7:30 p.m. at Hope United Church of Christ, 200 Dapron in Belleville (near Memorial Hospital). The program will include a sing-a-long. The admission is free. The public is invited to find out about this organization and enjoy the fellowship. For more information, call QCCA at 398-5430 or Edith Kittenhouse at 398-5659.

Singles Connection, bike and hike the Glen Carbon Trail. Meet at 6:30 p.m. behind the firehouse in Glen Carbon. Call Linda at 656-3364 for more information.

Venice Park Board, 6:30 p.m., Venice Recreation Center, 451-7201.

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., Social Center, 906 Thorngate Drive,

Mitchell.

Eagle Park Area Seniors of Madison meet from 10 a.m. to noon at 100 Hill St. (rear), Eagle Park Acres, Madison.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 11 a.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Take Off Pounds Sensibly Chapter 2963, 6:45 p.m. at Anchorage Recreation Center, 2909 Edwards St. For information, call 797-6351 or 877-2784.

Al-Anon, 8 p.m., Wellness Center, 2103 Iowa, 463-2429.

Narcotics Anonymous, Seeking recovery, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Overeaters Anonymous, 7:30 p.m. at First Christian Church, 2415 N. 89th St., Caseyville. For information, call 1 (314) 638-7821.

Granite City Community Band rehearsals, 7:30 to 9 p.m., St. John United Church of Christ, 2901 Namecki Road, Granite City, 931-0443.

Friday, June 23

Granite Chapter 650 Order of the Eastern Star meets at 7:30 p.m. at the Masonic Temple, 20th Street and Cleveland Boulevard in Granite City.

Hereditary Ataxia (a disorder

of nerve cells in the spinal cord and cerebellum) support group. Call Curt Williams, 877-5172, for information.

Piassa-Gateway Chapter of Abate of Illinois will be attending the state party through July 25.

Singles Connection will go to the Mummy to see "The Music of Andrew Lloyd Webber." Ride the Bi-State bus from Cottonwood Mall at 6 p.m. Call Doris at 877-4506 for more information.

Singles Connection will attend the Deutscher Street Festival in Belleville. Carpool at 7 p.m. from the Collinsville Kmart. Call Frank at 876-4315 for more information.

Al-Anon meets at 8 p.m. in the Milonski Room in the basement at St. Elizabeth Medical Center. Call 463-2429 for more information.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Friday Afternoon Pinochle Club for seniors 55 and over meets at 12:30 p.m. at the Har-Old Brown Building, Franklin Avenue and Pontoon Road. Call 877-4350 for more information.

STENSS (Support Together for Emotional and Mental Serenity and Sobriety), A support group for people with a mental illness and an alcohol or substance abuse problem, meets from 1:30 to 2:30 p.m. at Pascal Hall, St.

Elizabeth Medical Center. Call 798-3604 for more information.

Saturday, June 24

Madison County Humane Society will hold an adopt-a-pet day from noon to 4 p.m. at Pet-Mart in O'Fallon.

Quad City Youth Fellowship, 2257 Cleveland, 7 p.m., 831-3480 or 877-4848.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon Adult Children, 10 a.m., 2016 Delmar Ave., 463-2429.

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Rescue Mission, 1538 Fourth St., Madison, food pantry is open from 9 a.m. to noon. Samuel Turner is the secretary and Alfred Turner is the pastor.

Sunday, June 25

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Narcotics Anonymous, Live the Steps, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Singles Connection will play miniature golf at 6 p.m. at Family Fun Time in Maryville. Call Ben at 254-1656 for more information.

Alcoholics Anonymous, 8 p.m., (See CALENDAR, Page 8B)

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P215/70R14	89	79
P225/75R14	89	79
P225/70R14	93	83
P235/75R14	93	83
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P205/60SR15	74	64
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While 'Pocahontas' dazzles, film-goers trash Central Park

"Pocahontas" invaded New York as a politically correct American Indian with a message of peace and environmental purity, and the city of New York is still cleaning up after her.

The thousands of children and their parents who packed Central Park on June 16 for the world's largest movie premiere were enthralled by the animated love story from Disney. And some of the 100,000 moviegoers walked away wiser.

Jessica Ecker, 11, of Staten Island, said the tale of an Indian princess and an English captain showed "that everyone should be treated equal."

Brandon Campbell, 6, of Suffern, in Rockland County, said the film's message was: "Don't fight when you don't know what to do."

Not everyone was starry-eyed about the spectacle. Some critics

said the Big Apple was selling out to the Big Mouseketeer, by giving away Central Park to the highest bidder.

But Disney chief executive officer Michael Eisner, who grew up on the edge of the park, called the screening "the most friendly event. I think it shows New York is the cultural center of the country."

Eisner said the Walt Disney Co. pumped \$15 million to \$20 million into the city's economy with the premiere, including hiring 1,500 people to help stage the event.

Mayor Rudolph Giuliani agreed, citing Disney's \$1 million contribution to the city's parks in exchange for use of the Great Lawn. The mayor, accompanied by his wife and two children, told the moviegoers: "No one throws a party like New York city and no one throws a

party like Disney."

Hundreds of workers began cleaning up the Great Lawn on June 17. Disney officials, who are in charge of the work, and park officials said it would take at least three days to cart off the truckloads of litter — including plastic bottles and candy wrappers — left behind by the moviegoers. Workers also must take down stages and remove portable bathrooms.

The cleanup is expected to be finished on Wednesday, said Bob Gault, Disney's director of operations for the screening.

Organizers distributed 100,000 free tickets; about 500,000 people around the country entered a lottery for a shot at the free "Pocahontas" tickets, which scalpers were peddling for \$50 a pop.

— Associated Press

Movies

Film timetable for Wednesday, June 21. For times on other days or to confirm these times, check local theaters.

CARMIKE PETITE
1-70 and Hwy. 157, Collinsville, 344-1708
Batman Forever (PG-13) 11:30, 2:00, 4:30, 7:30, 10:00
Congo (PG-13) 11:20, 1:40, 4:00, 7:00, 9:30
Casper (PG) 11:40, 1:50, 4:10, 7:20, 9:10
Braveheart (R) 1:00, 4:30, 8:00

EASTGATE CINE
Esplanade Plaza, E. Alton, 254-5288
Die Hard 3 (R) 1:30, 4:30, 7:15, 10:00
Congo (PG-13) 1:15, 4:15, 6:45, 9:30
Friday (R) 2:00, 5:20, 7:45, 10:10
Grimsland (R) 1:45, 5:15, 7:45, 10:10
Bridges of Madison County (PG-13) 1:00, 4:00, 7:00, 9:50
Forrest Gump (PG-13) 2:30, 5:00, 7:30, 10:00

COTTONWOOD EDWARDSVILLE CINE
Edwardsville, Ill.
Die Hard 3 (R) 4:15, 7:00, 9:50
Crimson Tide (R) 4:30, 7:30, 10:00
Whitney (PG) 1:00, 4:00, 7:00, 9:30, 11:00

LINCOLN THEATER
103 E. Main (Belleville), 233-0123
Die Hard 3 (R) 1:30, 4:30, 7:15, 10:00
Village Of The Damned (R) 9:00
Circle Of Friends (PG-13) 7:00, 9:15
Jury Duty (PG-13) 7:20, 9:25

QUAD CINE
Belleville, Ill.
Casper (PG) 12:00, 2:15, 4:30, 6:45, 9:00
Die Hard 3 (R) 2:00, 4:45, 7:30, 10:10
Bridges of Madison County (PG-13) 1:15, 4:15, 7:15, 10:10
Crimson Tide (R) 4:30, 7:30, 10:00
Forrest Gump (PG-13) 1:00, 4:00, 7:00, 10:00

RITZ 3 THEATER
403 E. Main St., Belleville, 233-3536
Circle Of Friends (PG-13) 7:15, 9:45
Village Of The Damned (R) 7:30, 10:00
Jury Duty (PG-13) 7:00, 9:15

ST. CLAIR 10
50 Ludwig Drive, 398-8363
Die Hard 3 (R) 1:30, 2:00, 4:40, 7:30, 10:10
Batman Forever (PG-13) 11:30, 2:00, 4:30, 7:15, 9:45
Batman Forever (PG-13) 12:00, 2:30, 5:00, 7:45, 10:20
Johnny Mnemonic (R) 1:00, 3:30, 5:30, 7:45
Tales From The Hood (R) 9:30
Crimson Tide (R) 11:45, 2:15, 5:05, 7:40, 10:05
Braveheart (R) 1:15, 4:45, 8:15
Casper (PG) 12:00, 2:15, 4:20, 7:00, 9:15
Forrest Gump (PG-13) 1:00, 4:00, 7:00, 10:00
Bridges of Madison County (PG-13) 1:30, 4:10, 7:05, 9:50
Jury Duty (PG-13) 12:15, 2:40, 5:10, 7:30, 10:00

Horoscope

Wednesday, June 21
Love and money matters hit snags when what you desire costs more than you can afford. Relationships between co-workers are the focus — be good to teammates, and don't get too personal. The evening hours are energetic — be ready for lots of hard feuding among kids. The sun enters Cancer in the afternoon for a month of emphasis on family and a strong home life.

ARIES (March 21-April 19)
You're on your way to more security and independence. Take it easy, and use today for planning budgets and investments. Pleasant times surround your home base — get home early so you can cook!

TAURUS (April 20-May 20)
Your cheerful attitude brings you luck — fresh information helps you make a difficult decision. If one idea doesn't work out, another may — trust your ingenuity. Putting it in writing gets you point across clearly.

GEMINI (May 21-June 21)
Possessions and sources of income are emphasized during the next few weeks. Go easy on a borrower who falls behind, but don't lend — at least not today. Enjoy shared goals, group interests and political debates.

CANCER (June 22-July 22)
Discretion is the secret to getting along with difficult in-laws — and those in your own family require some kid-glove handling, too. But your leadership qualities are emerging — set an example.

LEO (July 23-Aug. 22)
Explore new ways of presenting ideas — how you say it is often more important than what you say. A salary issue can come between you and co-workers — organizational interests may conflict with personal ones.

TODAY'S BIRTHDAY (June 21)
Private passions and public responsibilities make for a year of big decisions. A political office may come into the picture. Snap up an investment opportunity in August. Travel and enlarge your world in September. In October, you have the Midas touch in property matters. In November and December, an inheritance or windfall that comes from a family member is yours.

VIRGO (Aug. 23-Sept. 22)
You finally get up enough nerve to question your boss or the payroll clerk about the size of your check do it gently, but do it! Double check bills, too. But don't hesitate to do a free favor for a dear one.

LIBRA (Sept. 23-Oct. 23)
No, you can't be sure of what's going on behind closed doors, but you can keep your conscience clear with above-board behavior (even in the littlest things). Lock up all valuables nice and tight.

SCORPIO (Oct. 24-Nov. 21)
True romance has a big portion of friendship in it — don't be coy with someone who's proved to be true. Be frank. Plan a vacation with the love of your life. Your extended family needs to feel special to you.

SAGITTARIUS (Nov. 22-Dec. 21)
Gain by aiding or delegating a touchy budget issue to one who has a shrewd eye for the bottom line. Then, keep watching — you'll learn something. Make an all-out effort to be tactful.

CAPRICORN (Dec. 22-Jan. 19)
Far-flung places and exotic pleasures work their way into your personal scenario. You may have to travel for business, or a vacation plan could be canceled by sudden work or family demands.

AQUARIUS (Jan. 20-Feb. 18)
Explore avenues for gain through original ideas that require little or no borrowing to bankroll. A publishing venture, with the writing done by you, may be a big success. Take a course to expand your earning power!

PISCES (Feb. 19-March 20)
Tussling over a piece of property or an inheritance? Do be forgiving in emotional matters, even as you stand firm on your rights! For all your efforts, you'll still need an expert's advice.



Joyce Jillson

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Sept. 1st Sept. 3rd
TAMA, IOWA
"1 Night Trip"
\$400 per person
Trip includes Bus, 1 Night Lodging & Bus
\$20.00 Cash Back
DEPARTS P.M. RETURNS P.M.
Aug. 4th Aug. 6th
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mad love
CHRIS O'DONNELL
DREW BARRYMORE [PG-13]
DAILY 7:15-9:30
SAT/SUN MAT 2:15

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Calendar

(Continued from Page 5B)

St. Elizabeth Medical Center, Pascal Hall, main floor, Granite City, 1 (800) 307-6600.
Eagles Auxiliary 1128 Blago, 1 p.m. at the Nameoki Bingo Center. Also included will be a color raffle and a 50 50 drawing.
Overeaters Anonymous, meets at 5 p.m. in the Wiesman Room, first floor, St. Elizabeth Medical Center in Granite City.

Monday, June 26

Granite City Four-square Church, 2400 East 25th St., hot meals served free of charge to those in need or those who just want someone to talk to. Open to public. For information or a ride, call 451-0635.
Granite City Lions meet at 7 p.m. at the Knights of Columbus Hall in Granite City in either the auxiliary room or the Pinta room. Any man or woman 18 or older interested in Lionism is welcome to attend. Anyone interested may call Lion President Marlene Cook at 876-2515 or Lion Treasurer Ken Turcott at 877-8776.

Singles Connection will enjoy a picnic in the park. Meet at 6:30 p.m. at Woodland Park in Collinsville. Bring a pot luck dish. Call Sandy at 344-1393 for more information.

Arthritis Support Group, 7 p.m., Alton Memorial Hospital cafeteria, Room B.
Madison County Computer Club, meets 7 p.m. at Well United Church of Christ facility, 180 Cottonwood Road, about 1/2 mile east of Highway 159. Beginners as well as experienced computer users are welcome to attend. Members share information about new hardware and software.

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Senior Social Club will hold a dance at the Granite City Township Hall. Call 877-1215 for more details.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.
Al-Anon, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 463-2429.

Neglected Victims of Child Sexual Abuse, a support group for nonoffending parents of victims, meets from 6 to 7:30 p.m. at Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center. Call 692-2197 for details.

TOIPS 2048 (Take Off Pounds Sensibly), 6 p.m., Melvin Price Support Center in Granite City; 876-2124.

TOIPS II, 6:45, 7 p.m., Anchorage Recreation Center, 2902 Edwards St., Granite City, 452-6102. Men and women welcome.

come. Wal-Mart Senior Citizens, bingo, 7:30 to 8:30 a.m.

Tuesday, June 27

Benevolent and Protective Order of Elks, Granite City Lodge 1063, Maryville Road, Granite City, 931-3557, 8 p.m. Granite City Eagles 1128 Auxiliary will meet at 7:30 p.m. at the Eagles home, 2558 Madison Ave. in Granite City. A social hour and refreshments will follow the meeting.

Job's Daughters Bethel #43 meets at 7 p.m. at the Masonic Temple, 2001 Street and Cleveland Boulevard.
Knights of Columbus, 3rd Degree, 4225 Old Alton Road, 7:30 p.m., 877-4250.

Ostomy Support Group, 2 to 4 p.m., Pascal Hall, main floor, St. Elizabeth Medical Center, 798-3167.

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In the military

Mark Janco

Mark A. Janco, a 1989 graduate of Triad High School, recently completed the first phases of Air Force Flight Engineer school.

After attending two years at Southern Illinois University at Edwardsville, he enlisted in the Air National Guard, where he is getting the opportunity to fly as a crewmember.

While in the Air Guard, he completed two more years at Belleville Area College, where he earned an associate degree in aviation maintenance and avionics electronics, and also received airframe and powerplant licenses.

Janco graduated from Flight Engineer school March 23. He attended the school in Little Rock, Ark., where he trained to fly in the C-130 Hercules, a large transport aircraft.

Janco is scheduled to attend survival training in Spokane, Wash., for approximately 31 1/2 weeks. He will then continue training for four months in Baltimore. After the training, he will return to his unit, the 182nd Airlift Group in Peoria.

Mary Janco and Scott Miner, Mark's mother and brother, reside in St. Louis. His father, Albert Janco, resides in O'Fallon.

David Millsap

Navy Petty Officer First Class David A. Millsap, son of Danny C. Millsap and Linda A. Lance,

both of Granite City, recently returned to Whidbey Island, Wash., after completing a six-month overseas deployment with Tactical Electronic Warfare Squadron 131 (VAQ-131), which included duty in the Persian Gulf, near Iraq.

Millsap was one of more than 5,000 sailors and Marines who served aboard the aircraft carrier USS Constellation during the 45,240-mile voyage.

Millsap's squadron departed in late October as part of a seven-ship battle group that included fighters and attack aircraft, helicopters and ships and submarines armed with Tomahawk cruise missiles.

Millsap's squadron, based at Naval Air Station, Whidbey Island, was one of eight squadrons aboard the aircraft carrier.

VAQ-131 flies the EA-6B Prowler, which is capable of jamming enemy radar, providing an umbrella of protection for strike aircraft and ground troops. The twin-engine Prowler carries a four-person crew.

During the deployment, Millsap's squadron flew 175 combat support missions while patrolling the no-fly zone over southern Iraq.

As the 1,072-foot-long USS Constellation traveled through the Strait of Hormuz, the narrow

choke point connecting the Persian Gulf and the Arabian Sea, two aircraft from Millsap's squadron flew ahead with other strike fighter aircraft to begin operations over southern Iraq.

Millsap and fellow squadron members were able to complete every mission assigned during the six-month voyage. With just four of the high-tech electronic warfare aircraft aboard, Millsap's ship more than 1,100 hours and completed 450 arrested landings aboard the ship.

While spending 143 days at sea, Millsap also visited Australia, Hong Kong, Hawaii, Singapore and the United Arab Emirates.

During the deployment, the Constellation Battle Group provided a formidable forward presence with its ships, submarines and aircraft, and was capable of operating as a group or deploying simultaneously to separate geographic locations.

Extremely mobile and flexible, Millsap's ship could travel nearly 700 miles a day.

Millsap joined the Navy in October 1964.

David Whitsell

Navy Chief Petty Officer David E. Whitsell, son of Eunice L. Whitsell and David L. Whitsell of Granite City, recently returned from a six-month overseas deployment aboard the dock landing ship USS Fort Fisher, which included duty in the Persian Gulf and withdrawing United Nations' peacekeepers from Somalia.

Whitsell was one of 4,200 sail-

ors and Marines who served aboard the three ships of the USS Essex Amphibious Ready Group (ARG), including USS Fort Fisher, the amphibious assault ship USS Essex and the amphibious transport ship USS Ogden.

Departing San Diego, Whitsell traveled approximately 26,000 miles during the six-month voyage to the western Pacific and Indian oceans and Persian Gulf.

During the deployment, Whitsell and his shipmates participated in a variety of multinational exercises with naval units from several different nations and worked in support of the ongoing maritime interception operations in the Persian Gulf area.

Using helicopters, landing craft and high-speed air cushioned assault craft, the USS Essex ARG, with its embarked Marines from the 13th Marine Expeditionary Unit, withdrew more than 2,500 United Nations troops and equipment from Somalia. Whitsell is one of 7,000 U.S. service men and women who participated in the operation that involved naval forces from six nations.

While spending more than 120 days at sea, Whitsell also visited Australia, Hong Kong, Kuwait, Hawaii, Singapore and the United Arab Emirates.

Whitsell, a 1975 graduate of Granite City High School North, joined the Navy in May 1975.



A living honor — On May 25, Wilson School Parent-Teacher Association (with the help of the children and all the staff at Wilson School) had a surprise luncheon for Mabel Dacus. Allen Pieper, president of the PTA, presented Mabel with a plaque stating that a Bradford pear tree had been planted in her honor in appreciation of her 30 years of giving to the students of Wilson School. Shown are, from left, Principal of Wilson Elementary School David Ziff, honoree Mabel Dacus and Wilson PTA President Allen Pieper at the site of the planted Bradford pear tree.



Fourth generation — Helen Bertacchi of Madison is shown here holding her first great-grandchild, Tess Helene Prater. The fourth-generation family is, from left, grandfather Richard Bertacchi, great-grandmother Helen Bertacchi, baby Tess and mother Jennifer Prater. All are former Granite City residents.

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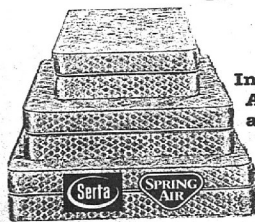
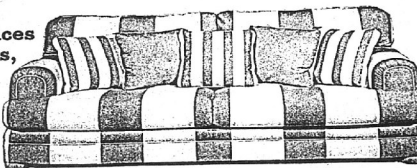
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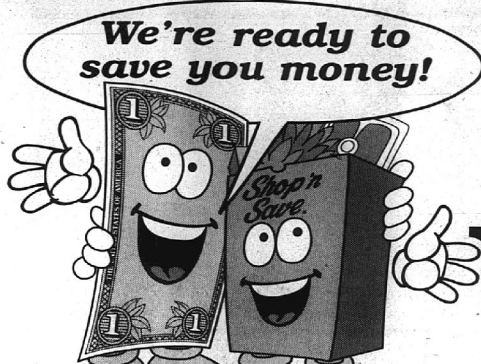
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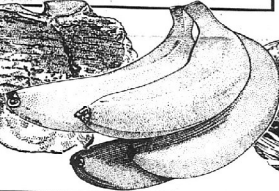
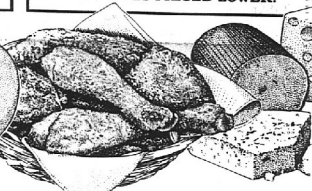


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Today's Food

Wednesday, June 21, 1995

Food & Nutrition

Wise Ways

Fatty foods benefit from strategic pruning, rather than chopping at their roots.

INSIDE

Heart-y Bites

Pizza, how do I love thee? Cindy Berner says. Let me count the ways — even in summer.

INSIDE

Blue Ribbon Cook

Waldorf salad turns green with apples and lettuce.

INSIDE

Private Label Test Run

Chocolate syrup on the low-fat side is a dividend of the squeeze-bottle type. Testers look at the Bi-Rite and Shop 'n Save brands as a summer treat.

INSIDE

Micro Raves

Blueberries give taste of summer that could be called a seasonal extravaganza.

INSIDE

Lively Taste

Flavor meat for grilling with an Italian seasoning mixture that was a top winner in this year's Favorite Veal Recipe Contest. Combine 3 tablespoons finely chopped fresh basil, 3 tablespoons finely chopped fresh parsley, 1 teaspoon grated lemon peel and 1 clove garlic, crushed. Rub 4 veal ribs or loin chops, cut 1 inch thick, with 2 teaspoons olive oil, then half the seasoning mixture. Grill over medium coals 12 to 14 minutes until veal is done to medium. Sprinkle with reserved seasoning and, if desired, salt and pepper.

Health & Fitness

Medicine Chest

Dietary balance is something everyone desires, but it is important not to eliminate necessary foods. Foods like cheese and red meat provide essential nutrients, too. Rather than eliminate them, go for smaller portions and increase grains, fruits and vegetables to achieve that balance.

Kids' Cuisine

Children can get involved in food preparation for a patio party. Even young children can shuck corn, while older youngsters slice vegetables and skewer fruit kabobs. Celery can be stuffed with peanut butter, while crackers can be layered with cheese or spread. They can artistically lay out meat, cheese and bread on a serving platter or arrange vegetables around a bowl of dip.

Big Fat Tip

Engineer a sandwich with tasty condiments. Use ketchup, mustard or chutney instead of high-fat mayonnaise. Spread a little coleslaw on top of bread if you have a hankering for slaw and need a little 'glue' to hold the creation together. A cucumber spear gives the crunch of dill pickle without the sodium. On the side, opt for fruit salad, three bean salad marinated in more vinegar than oil or green salad with low-fat or fat-free salad dressing.

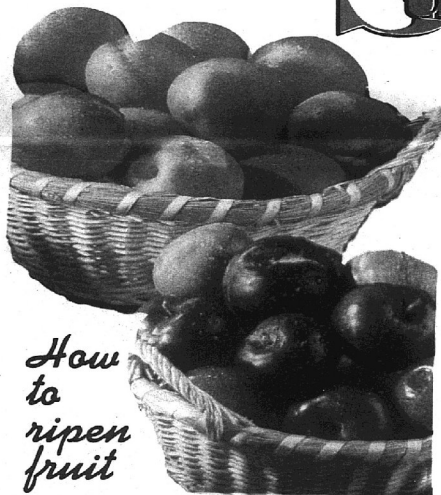
Future Shop

Red beers and dark seasonal beers are moving beer drinkers from 'blondes' to 'brunettes.' Darker beers are known for fuller flavor, richer color and more malt and hops in their intensity. The rate of growth of dark brews — although coming from a smaller base — is much greater than pale beers.

Line up a summer trio with grilled beef flank steak, corn on the cob and fresh sweet cherries. Place flank steak and 1/2 cup vinaigrette-style salad dressing in a plastic bag. Marinate in the refrigerator 6 hours or as long as overnight, turning occasionally. Discard marinade before grilling. Grill steak over medium heat, covered for smokier flavor, 10 to 12 minutes for medium-rare to medium doneness, turning once. Cook corn on the cob like usual. While still hot, grill about 5 minutes before serving, turning as desired. Chill cherries for serving. Plump bing cherries are the most plentiful variety, with supplies from the Northwest increasing into July. Golden Rainiers have the shortest season and are more perishable.



Welcome, Summer!



How to ripen fruit

Some fruits are picked mature, but not completely ripe. Complete the ripening of peaches, nectarines, plums, pears, banana, apricots, melons (not watermelon), kiwifruit, tomatoes and avocado by trapping ethylene, nature's ripening gas.

° Place fruit in paper bag and fold over the top to close loosely. Leave it at room temperature. A mixture of fruits yields faster ripening.

° Check each piece daily. It is ripe when it gives off a sweet aroma and is soft to the touch.

° Remove fruit from bag. Use it or refrigerate it.

Delectable chocolate-dipped fruit is easy to make. Warm 1 package (6 ounces) semisweet chocolate chips and 1-1/2 teaspoons shortening in top of double boiler over simmering water or in microwave oven — stir often because chips do not look soft — until melted. Dip clean, dry fruit in mixture, then in chopped almonds if desired. Place on aluminum foil or waxed paper to harden. Amounts coat 5 to 6 dozen cherries. For harder chocolate coating, 1 ounce grated paraffin can be used instead of shortening.

Another way to enjoy fresh fruit is with a creamy dip. Beat 8 ounces softened cream cheese (half can be camembert cheese) with 1/4 cup sour cream, 2 tablespoons dry white wine, 2 tablespoons sugar, 2 tablespoons chopped candied ginger and 1 teaspoon grated lemon peel. Refrigerate at least 1 hour to blend flavors.

Fruit warmed on the grill is delicious, too. A light sprinkling of brown sugar on it gives a crystallized quality.

The "Welcome" recipes on Today's Food page 2 are from "Fresh, Fast and Fit...California Summer Fruits," a free cookbook available by sending a self-addressed, business-size envelope to: California Tree Fruit Agreement, Department FFF3, 975 I St., Reedley, Calif. 93654.

By Janice Denham
Staff writer

Say hello to the official entrance of summer. Like grandma's annual June visit, melt-in-your-mouth corn on the cob, red-ripe cherries, blushing peaches, zealous zucchini and crunchy beans should not be denied their annual arrival. Between visits it's hard to remember how nice it is to have them around.

Fresh fruits and vegetables are luscious eaten out-of-hand, grilled or magically made into another food like cake or pancakes. Even when vegetables are prepared on the

SEE WELCOME, INSIDE TODAY'S FOOD PAGE 2

Freeze fruit in a flash

As a general rule, do not wash any fruit until it is time to eat, tote, cook or freeze it, then gently rinse in cold water and drain thoroughly. Most fruits can be frozen easily with a view to enjoyment later.

Cherries, blueberries and fruits that need no hulling, trimming, peeling or seeding can be packed in plastic freezer bags or containers.

Remove excess air. Fasten or cover tightly.

Fruit that needs preparation, like peaches, can be sliced and tossed with a solution of lemon juice or ascorbic acid in water to avoid darkening. So they do not stick together, individual pieces of fruit can be laid on a flat pan to freeze, then dropped into freezer bags for storage. Freezer bags and wraps can be overwrapped in cardboard cartons to protect against tearing and make stacking easier.

Label and date each container before freezing. Freeze at 0°F or lower. For fastest freezing, place bags directly on freezer shelves, leaving space around each bag until contents are frozen.

Later this summer cherries and grapes can be popped out of their bag and used as ice cubes to cool summer drinks or chill wine. Fruit can be saved up to one year to use in fruit salad or other recipes.



RINSE



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FREEZE

Private Label Test Run

Flavor debated in syrups

Chocolate syrup by any brand name, say *Suburban Journal* tasters, may not taste as sweet. In fact, they found definite variations in brands.

They were out to determine the merits of Bi-Rite and Shop 'n Save brands of chocolate-flavored syrup from Shop 'n Save.

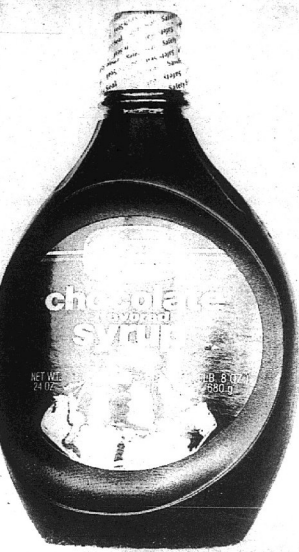
Most tasters found the Shop 'n Save brand to have more flavor punch than the Shop 'n Save brand.

Bi-Rite chocolate syrup costs \$1.19, Shop 'n Save is priced at \$1.39 and national brands peak at \$1.69 for a 24-ounce squeezable bottle at the store.

Tasters took sides over whether the tangier brand's flavor came from the sugar or more chocolate.

One said it didn't matter. "When the ice cream melts, it blends with the syrup and I just like to eat it. It's a special treat and I just want to enjoy it," she said.

"If you like a lighter chocolate flavor, then you should choose the Bi-Rite brand, but you should pick Shop 'n Save for definite taste," another taster said.



Along with Shop 'n Save chocolate-flavored syrup, the Bi-Rite brand was tested over ice cream for summer appeal.

Heart-y Bites

By CINDY BERNER

Pizza has instant appeal whether or not sun sizzles

The temperature outside is 90°. In the kitchen the oven is preheated to 500°. What could be worth it?

Pizza. It's a hot commodity.

With the options of frozen, carry-out and delivery piping-hot at the front door, homemade pizza still ranks as a favorite for a multitude of reasons that range from taste to health.

My brother recently took over the kitchen on a long-ago promise for a visit and his pizza. Smoked turkey chicken pizza was worth the wait.

He whirled around the kitchen with ingredients that included 2 whole bulbs of garlic, 3 chickens, part-skim milk mozzarella cheese, 12 cups flour, tomato paste and Italian seasonings.

The basic foundation of homemade pizza — a low-fat flour crust and tomato sauce — is surprisingly healthy.

The real health benefit is controlling the type and amount of toppings. Opting for vegetables and a moderate amount of part-skim mozzarella cheese keeps the meal filling and tasty without loading it with saturated fat.

Homemade pizza can be delicious, like my brother's gourmet concoction, but less

daunting in preparation. Local resident Susan Johnston has refined a recipe from her sister in Dallas, Texas.

Registered dietician Cindy Berner is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

PIZZA CRUST

2 pkg. dry yeast
1 1/4 cups water
1 tsp. honey
1/4 cup canola oil
1 tsp. salt, if desired
2 1/4 cups all-purpose flour
1 cup whole wheat flour

In small bowl, dissolve yeast in water. Let stand 5 minutes. Add honey and oil. In large bowl, combine all-purpose and whole wheat flours and salt. Add yeast mixture. Mix until combined.

Turn out on floured surface. Knead by hand until smooth and elastic.

Place in greased bowl. Let rise, covered, until double in bulk, about 1 to 1 1/2 hours.

Punch down. Divide in half. Roll each about 1/4-inch thick.

Place them on two 14-by-16-

inch cookie sheets. If desired, freeze one for later use.

PIZZA SAUCE

3 tbsp. olive oil
1 large onion, chopped
3 cloves garlic, minced
1 can (28 oz.) crushed tomatoes
1 can (6 oz.) tomato paste
1 tsp. oregano
1 tsp. basil
1 bay leaf
1 tsp. honey
1/4 tsp. pepper

Saute onion in oil until transparent. Add garlic. Cook 1 minute. Add tomatoes, tomato paste, oregano, basil, bay leaf, honey and pepper. Bring to boil. Lower heat. Simmer 1 hour. Remove bay leaf.

Pizza preparation: Cover 1 crust with one-third sauce. Add desired toppings, such as 1/2 cup fresh mushrooms sauteed in 1 teaspoon olive oil or fresh red or green bell pepper strips. Top with 6 to 8 ounces shredded part-skim mozzarella cheese. Bake in preheated 500° oven 10 to 15 minutes.

can be cooked partially before cooking so all elements are ready at the same time, or they can be cooked separately to ensure success.

When preparing pork or veal chops, burgers or brats, seafood or steak, grill vegetables as separate items. For instance, six-inch-long zucchini can be halved lengthwise, then grilled 6 to 7 minutes while basting and turning once, or simply brush it with a little olive oil and sprinkle with fresh rosemary or basil.

PLUMMY YUMMY

4 fresh plums, sliced

1 cup fresh or frozen raspberries or strawberries
1 tsp. honey
2 tsp. low-fat berry-flavored yogurt

Whirl berries in blender or food processor until smooth.

In 1-quart microwave-safe dish, microwave berries and honey on high power 2 minutes or until mixture boils.

Place plums on 4 small plates. Spoon berry sauce on top. Top with spoonful of yogurt.

Makes 4 servings, 75 calories each.

Wise Ways

By LINDA BLUMENBERG

Rich brownies appreciate light touch in cutting fat

For the "meat cleaver" approach to cutting fat, whack way back on obvious sources, like margarine and oil. For a more subtle method, pare down ingredients that are high in fat, yet have little effect on texture and taste in the final product.

In many baked goods, a combination of these less direct cuts in favorite recipes can result in significant fat savings.

Nuts are a prime example of such an ingredient. High in fat and calories, they are not essential for structure in baked goods.

Each tablespoon of nuts withheld from a recipe reduces fat by 5 grams and calories by 50, about the same as a teaspoon of oil. Using just half the nuts, or leaving them all out is an easy way to trim fat.

When nuts are part of a crispy topping, a crunchy cereal like Grape Nuts can give the same mouth-feel without the fat.

Egg yolks are another source of fat seldom missed. Egg whites serve most of the same functions in cooking as whole eggs.

Substitute two egg whites

for every whole egg in the original recipe to save almost 6 grams fat and about 50 calories.

Using cocoa instead of unsweetened baking chocolate is another easy way to save fat without sacrificing flavor.

Every ounce of unsweetened chocolate adds 15 grams fat and 140 calories, while the equivalent amount of cocoa (1/4 cup) has a mere 4 grams fat and 44 calories.

This recipe for Better Brownies trims fat by following three fat-saving changes: It eliminates 1/2 cup walnuts, 2 egg whites take the place of one whole egg, and cocoa replaces baking chocolate.

The result is 40 percent less fat and 23 percent fewer calories than the original recipe without any detectable difference in texture or taste of this special treat.

Additional tips and ideas for altering recipes are found in a 34-page booklet — MP 473 — "Altering Recipes for Health." For a copy, send \$2.50 to: Linda Blumenberg, University Extension, 211A East Third St., Montgomery City, Mo. 63361.

Certified home economist

Linda Blumenberg is nutrition specialist for University Extension (University of Missouri system) in Montgomery County.

BETTER BROWNIES

1/2 cup (1 stick) margarine, softened
1 cup sugar
2 egg whites
1/2 tsp. vanilla
3/4 cup flour
1/4 cup cocoa
1/4 tsp. baking powder
Pinch salt

Coat 9-inch square baking pan with nonstick cooking spray.

In mixer bowl, combine margarine, sugar, egg whites and vanilla. Stir in flour, cocoa, baking powder and salt.

Pour into prepared pan. Bake in preheated oven 20 to 25 minutes.

Makes 16 brownies, 125 calories and 6 g fat (43 percent of calories from fat) each.

Micro Raves

By BARB GRAY

Fresh blueberries field stars of summer flavor

Now that local red strawberries have come and gone, look forward to the next part of the patriotic team — the blueberry. Peak supplies come in June, July and August.

Major sources come from New Jersey, Massachusetts, Michigan and Washington but Illinois and Missouri have pick-your-own growers, too.

For the summer months, try a cool blueberry sauce to spoon over ice cream, frozen yogurt or angel food cake for a smart dessert. In a 2-quart bowl, mix 3 tablespoons cornstarch with 2 cups water until smooth. Add 2 cups fresh blueberries and 1 cup sugar. Cover with plastic wrap. Microwave on high power 10 to 12 minutes until thick and transparent, stirring every 2 minutes. Blend in 2 tablespoons margarine and 1/2 teaspoon fresh lemon juice. This makes 3 cups sauce.

Certified home economist Barb Gray specializes in microwave cooking.

COLD LEMON-BLUEBERRY SOUP

Makes 4 to 6 servings.

1 pkg. (16 oz.) frozen fresh blueberries
2 cups water
1 can (6 oz.) frozen lemonade concentrate
1 stick cinnamon
1/2 cup whipping cream
1/2 cup sour cream

In 3-quart casserole, combine blueberries, water, lemonade concentrate and cinnamon. Microwave, covered, on high power 12 to 18 minutes until mixture is very hot and blueberries are softened, stirring twice.

Strain mixture into large mixing bowl or 8-cup measure. Discard cinnamon.

Press berries with back of spoon to release pulp. Discard skins. Cover with plastic wrap. Chill at least 4 hours until cold.

In large mixing bowl, beat whipping cream and sour cream at medium speed of electric mixer until combined. Gradually add blueberry mixture to cream mixture, while continuing to beat at medium speed. Beat until combined.

Makes 4 to 6 servings.

FROSTED BLUEBERRY MOLD

Makes 10 servings.

2 cans (16 1/2 oz. each) blueberries in heavy syrup, undrained
1 cup vanilla ice cream
1/2 cup cold water
2 envelopes unflavored gelatin
Whipping cream, if desired
Grated lemon peel, if desired

Brush 5-cup gelatin mold lightly with oil.

Place blueberries in large mixing bowl. Set aside.

In small mixing bowl, microwave ice cream at medium (50 percent) power 1 to 2 minutes until ice cream is melted and can be stirred smooth. Add to blueberries. Mix well.

In 2-cup measure, sprinkle gelatin over water. Let stand 5 minutes. Microwave on high power 30 seconds to 1 1/2 minutes until dissolved, stirring once. Add to blueberry mixture. Mix well.

Pour mixture into prepared mold. Chill about 4 hours until set.

Dip mold in warm water 30 to 45 seconds. Loosen edge. Unmold onto serving plate. Decorate with whipped cream and sprinkle with lemon peel.

Makes 10 servings.

Welcome

Continued from page 1C. stovetop or in a microwave oven, a quick browning on the grill — such as with fresh corn — adds flavor and eye appeal.

With few rules, grilling vegetables is easy. Just cook them as fresh as possible and do not overcook.

Basting with a vinaigrette-style salad dressing keeps them moist and adds flavor. Use fresh liquid for basting, not marinade used for meat. Plan to cook them so they are not overdone when other items are ready for the table.

Match shapes to fit to the rest of a grilled meal. For instance, chunks of onion, bell pepper and potato go well with kabobs. Thick foods

can be cooked partially before cooking so all elements are ready at the same time, or they can be cooked separately to ensure success.

When preparing pork or veal chops, burgers or brats, seafood or steak, grill vegetables as separate items. For instance, six-inch-long zucchini can be halved lengthwise, then grilled 6 to 7 minutes while basting and turning once, or simply brush it with a little olive oil and sprinkle with fresh rosemary or basil.

1 cup fresh or frozen raspberries or strawberries
1 tsp. honey
2 tsp. low-fat berry-flavored yogurt

Whirl berries in blender or food processor until smooth.

In 1-quart microwave-safe dish, microwave berries and honey on high power 2 minutes or until mixture boils.

Place plums on 4 small plates. Spoon berry sauce on top. Top with spoonful of yogurt.

Makes 4 servings, 75 calories each.

SUMMER PEACH MELBA BASKETS

4 fresh peaches
1/2 lemon
1 1/2 cups fresh raspberries
2 tsp. sugar
1/2 cup low-fat ricotta cheese
1/2 cup nonfat sour cream
2 tsp. honey
1/8 tsp. almond extract

Slice off stem end of peach about one-fourth of the way down. Set aside tops. Carefully cut around exposed peach to loosen pit and remove. Hollow centers slightly with small melon baller. Trim bottom to stand upright. Rub all cut surfaces with lemon

juice. For raspberries with sugar. Fill peaches with half the berries. On dessert platter, surround peaches with remaining berries. Set tops against each peach.

Combine cheese, sour cream, honey and almond extract until smooth. Whirl until smooth. Drizzle over Peach Baskets.

Makes 4 servings, 120 calories each.

SILVER MEDAL FRUIT PACKAGES

1 fresh peach
2 fresh nectarines
2 fresh plums

3 tbsp. packed light brown sugar
2 tbsp. rum
1 tsp. vanilla

Slice fruit. Portion on four 12-inch aluminum foil squares.

Blend sugar, rum and vanilla. Divide over fruit. Close up foil, folding edges tightly.

On barbecue rack over medium coals, grill bundles 20 to 30 minutes until fruit is hot and cooked.

Serve over ice milk, nonfat frozen yogurt or angel food slices.

Makes 4 servings, 120 calories each.

Today's Food

Rice plays versatile food role

Deciding what to put on the table day after day is not an easy chore. Many people con-

sider their options, may weigh a new idea over a perennial favorite — and

then pick one of their 10 ever-useful recipes.

Versatility plays a key role in the popularity of foods. Rice qualifies as a big favorite for convenience, economy, nutrition and flavor. From salad to dessert, main dish to appetizer and soup, delicious recipes abound for using it because it mates well with many, many flavors, making it useful in tried-and-true recipes, as well as with new favorites.

The USA Rice Council has teamed up with the National Broiler Council to introduce a new cookbook, "Chicken and Rice, New Ideas for Old Favorites." The cookbook contains more than 70 recipes with this delicious combination. To receive a copy, send a check or money order for \$2.50 to: Favorite Recipes, P.O. Box 7761, Department C, Marshfield, Wis. 54449.

Old-fashioned flavors, as well as new matches, highlight rice's goodness. In this Thai salad, the sassiness of pepper, ginger and garlic blend for a warm combination full of flavor with beef and vegetables.

HOT-TO-GO THAI SALAD

$\frac{3}{4}$ lb. sirloin steak
 $\frac{1}{2}$ cup oil

- $\frac{1}{2}$ cup rice or white wine vinegar
- $\frac{1}{4}$ cup reduced-sodium soy sauce
- 1 fresh jalapeno or serrano pepper, finely chopped
- 2 cloves garlic, minced
- 1 tsp. minced fresh ginger root
- $\frac{1}{2}$ tsp. red pepper flakes
- 1 pkg. (9 oz.) French-style green beans, thawed, drained
- 2 carrots, thinly sliced, halved
- 1 cucumber, peeled, seeded, sliced
- 4 cups cooked brown rice
- Chopped fresh mint leaves, if desired

Partially freeze steak. Slice across grain in $\frac{1}{4}$ -inch strips. Place in large bowl.

In small bowl, combine all but 1 tablespoon oil, vinegar, soy sauce, half the jalapeno, garlic, ginger and pepper flakes. Pour over beef. Marinate 1 hour.

Discard marinade. In large skillet, over medium-high heat, heat remaining 1 tablespoon oil until hot. Cook beef and remaining jalapeno 3 to 5 minutes until no longer pink.

In large bowl, combine beef, liquid from skillet, beans, carrot, cucumber and rice. Toss to coat. Sprinkle with mint.

Blue Ribbon Cook

Waldorf has new tint; fruit recipes needed

Edith Hansen, Sappington, is the winner of this week's recipe contest for Easy Green Waldorf Salad. For it she wins a prize of dinner certificates from the Pasta House Co.

This family favorite is "green, good and easy to fix," Hansen says. The color is light and attractive by using apples with green-tinted peels and leafy lettuce. If desired, prepare apples or the salad in advance and add the lettuce just before serving to keep it crisp.

Recipes in this month's CPP — Fresh Cherry, Peach and Plum — Recipe Contest fit in with summer's lifestyle. They should be postmarked by June 30 for consideration as winner each week in July.

One recipe per household can be sent to: CPP Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

As usual, if there is a history to the recipe, it will be considered part of the entry. Along with taste and eye appeal, it will be used as a basis for selecting winners. Originality will be considered, although the recipe need not be original. If possible, name the recipe's source. Include the name of

the Journal you receive. Winners are notified by mail. Duplicate entries will be considered on the basis of earlier entry or best compliance with the rules. Contest winners may enter again six months after the prize-winning publication date.

EASY GREEN WALDORF SALAD

- 2 large apples with yellow-green peel (yellow delicious preferred), cut in bite-size pieces
- $\frac{1}{4}$ cup bottled lemon juice
- $\frac{1}{2}$ to $\frac{3}{4}$ cup mayonnaise-type salad dressing
- $\frac{1}{2}$ cup broken pecan pieces
- $\frac{1}{4}$ head of lettuce, torn in pieces

Toss unpeeled apple with lemon juice to coat and avoid turning brown. Cover and refrigerate until ready to use; can be kept a couple days.

Combine salad dressing with 3 tablespoons mixture of lemon juice from apples and water as desired. Mix until smooth. Pour over apple, lettuce and pecans. Mix well.

SAILORS BROUGHT CRACKERS THAT SURVIVED VOYAGES

The American cracker began as a major convenience food for seafarers. Sailors needed a type of bread or biscuit that would not get stale or rancid or disintegrate during long voyages. The answer to the need was hardtack, also known as ship's bread or pilot biscuits. These were hard-made, hard-baked biscuits produced from light flour and a little moisture.

The dough was pounded to produce a biscuit so hard it often required a hammer to break. This biscuit also found its way overland with wagon trains and trailblazers of the country.

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Today's Food

Big Fat Tip

No limits on lettuce, tomato for American 'hero'

Classic deli fare — the sandwich — is no longer just a free fast lunch. It ranges, from a feast loaded with fat to one that makes brown bagging a healthful lunch a delight.

There is plenty to celebrate about "hero" sandwiches.

For starters, build a sandwich with two slices whole wheat bread to supply two servings from the bread group on the Food Guide Pyramid. Top the bread with 3 ounces of lean meat, such as grilled chicken breast, providing one serving from the meat group. Add two slices nonfat cheese for a gain of one serving from the milk group.

Then pile on the veggies — cucumber, green pepper,

onion, tomato and lettuce. Including all these garden varieties provides one to one and one-half servings from the vegetable group.

Most deli fare can be remade or ordered with good nutrition in mind. Following are some methods for giving sandwiches a "fat-lift":

- Make over a grilled cheese sandwich with fat-free cheese, or supplement a small portion of a strong-flavored full-fat cheese — such as sharp cheddar — with fat-free cheese.

- A veggie sandwich jumps up elements of a wholesome sandwich in a hurry. There are plenty of options. Try bell pepper, jalapeno pepper, tomato, lettuce, sprouts, cucumber, zucchini and

onion. If you enjoy high-fat avocado, remember it is a good source of vitamin A, but try using only half as much.

- In egg salad, use fewer hard-cooked egg yolks and more whites. Try reduced-fat mayonnaise. There is no need to spread an extra condiment on bread when it is already in the salad. Try adding a vegetable — like sprouts, sliced bell pepper, cucumber or tomato — to egg salad to bulk up the sandwich, add fiber and cut down the amount of egg used.

- Toast a sandwich rather than buttering both sides and browning the bread, or coat a nonstick pan with nonstick cooking spray before browning bread.

- Look for low-fat versions of beef and pork products and use naturally low-fat chicken and turkey products, lie those from the breast. Try smaller portions of meat. As a rule of thumb, make a meat serving in any deli sandwich about 1/2-inch thick.
- Pick salad dressing with less or no fat. If flavor in the dressing seems slim, perk it up by adding herbs, such as basil or oregano, to ranch or Italian salad dressing. A touch of steak sauce, mustard or ketchup adds flavorful returns to dressing.

MIGHTY HERO SANDWICH

1 round loaf (16 oz.)
sourdough bread

1/4 cup balsamic vinegar
1 tbsp. olive oil
1 tsp. oregano
1 tsp. parsley flakes
1/4 tsp. pepper
2 cloves garlic, minced
1 cup sliced fresh mushrooms

6 slices tomato
2 slices red onion,
separated in rings

2 cups shredded zucchini
1 cup (4 oz.) shredded
nonfat mozzarella cheese

4 oz. reduced-fat deli-thin
sliced bologna
4 oz. deli-thin roasted
turkey breast

Slice bread in half horizon-

tally. Remove soft bread from inside each half, leaving 1/4-inch-thick shells. Save soft bread for other use.

Combine vinegar, oil, oregano, parsley, pepper and garlic in shallow dish. Add mushrooms, tomato and onion. Let stand 15 minutes.

Drain, reserving marinade. Brush marinade inside bread shells.

Layer half each of zucchini, mushroom mixture and cheese in bottom of loaf. Top with bologna. Repeat layers. Top with turkey, then remaining half of loaf. Wrap in plastic wrap. Chill.

To serve, unwrap loaf. Cut in wedges.
Yields 8 servings; 192 calories, 4 g fat (19 percent of calories from fat).

Recipe

CHICKEN TACO SALAD

1 tsp. butter or margarine
1/2 cup chopped onion
2 cups chopped cooked chicken

1 can (15 1/2 oz.) garbanzo beans, rinsed, drained
1/2 cup water
1 pkg. taco seasoning mix
4 cups shredded iceberg lettuce
1 cup chopped tomato
3/4 cup chopped green bell pepper
1 1/2 cups (6 oz.) shredded colby cheese
1 1/2 cups broken baked corn

chips
Sour cream
Mild or hot salsa, if desired
Melt butter in large non-

stick saucepan.
Sauté onion about 5 minutes until tender. Stir in chicken, beans, water and taco seasoning.

Simmer, uncovered, 20 minutes.
In large salad bowl, combine lettuce, tomato and green pepper.
Spoon hot chicken mixture over lettuce mixture.

Top with cheese and corn chips.

Serve immediately with sour cream and salsa.

Makes 4 to 6 servings.

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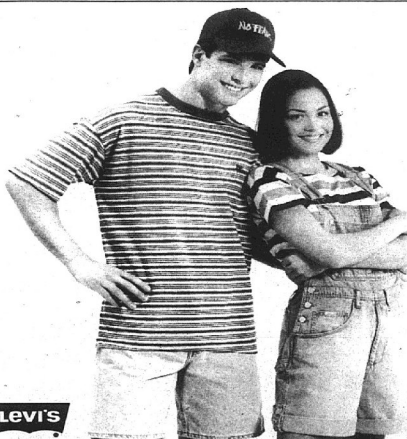
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Today's Food

Good old spaghetti shares favor in family of pasta

Spaghetti and meatballs always has been a favorite of families. Today fettuccine, ravioli, tortellini, lasagna and linguine nudge their way onto the list of favorites by adding flavor, finesse and variety to what now is known as "pasta" meals.

They all are chosen by families for convenience, familiarity and taste. Made from scratch, pasta makes a quick meal. Refrigerated pastas and sauces cut preparation time more because they are partially cooked. A few extra ingredients turn each meal into an Italian delight.

EASY CURRIED PASTA

1 carton (10 oz.) refrigerated alfredo

STRAWBERRY AND CITRUS SALAD

Arrange 3 navel oranges, peeled and sliced, and 1 pint strawberries, sliced, on platter lined with leaf lettuce. Whisk together honey and lime juice. Drizzle over fruits. Sprinkle with 1/4 cup toasted sliced almonds.

sauce, reduced-fat if available
1/4 tsp. curry powder
1/4 tsp. paprika
1 pkg. (9 oz.) refrigerated ravioli
1/2 cup sliced almonds, toasted
1 cherry tomato
1 sprig Italian parsley

Cook and drain pasta according to package directions. Keep warm.

In small saucepan, combine sauce, curry powder and paprika. Heat over medium-low heat 3 minutes or until warm.

Toss sauce with pasta. Sprinkle with almonds. Garnish with parsley and tomato.

Makes 4 servings.

MEDITERRANEAN SEAFOOD PASTA

2 tbsp. olive oil
1 clove garlic, minced

1 medium red or green bell pepper, cut in thin strips
1/4 cup dry white wine
8 oz. seafood, such as shrimp, scallops, crabmeat or lobster
1/4 cup sliced ripe olives
1 pkg. (9 oz.) refrigerated linguine
1 cup pesto sauce, slightly warmed
1 tsp. capers
1/4 cup (1 oz.) crumbled feta cheese

Cook and drain linguine according to package directions. Keep warm.

In medium skillet, saute garlic in oil 1 to 2 minutes. Add bell pepper. Sauté 2 minutes. Add wine and shrimp. Sauté 2 to 3 minutes. Stir in olives.

In medium bowl, toss pasta with pesto.

To serve, divide pasta between 4 individual serving plates. Top with shrimp and vegetable mixture. Sprinkle with capers and feta cheese. Makes 4 servings.



Adding a little fragrant curry and paprika gives a meal of ravioli with alfredo sauce a fragrant new flavor twist.

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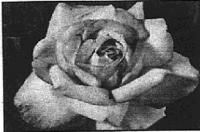
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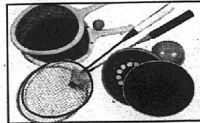
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Recipe

CHOCO-CINNAMON
PUDDING

½ cup cocoa
½ cup sugar
2 tsp. plus 2 tsp.
cornstarch
½ tsp. cinnamon
2 cups skim milk
1 tsp. vanilla

In 3-quart saucepan, stir

together cocoa powder, sugar, cornstarch and cinnamon until evenly blended. Gradually stir in milk. Cook over medium heat, stirring constantly, until mixture is thick, smooth and boiling. Cool 5 minutes. Stir in vanilla.

Pour into four (½-cup) pudding cups or dessert dishes. Serve immediately or refrigerate.

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Move into heat of summer
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As summer heats up, there are many great ways to cool down. A frozen fruit treat — especially one low in fat — could be the ticket needed on the road to cooling down.

Use "slim" ingredients — such as a skim or low-fat milk, low-fat yogurt, or buttermilk — with fresh or frozen fruit for wonderful flavor without any guilt. Here are some cool ideas:

• Frozen yogurt pops are a snap to make and kids love them.

In a blender or food processor, simply whirl 6 ounces frozen orange, grape or apple juice concentrate with ¾ cup water and 1 cup plain or fruit-flavored low-fat yogurt until well blended. Divide the mixture equally among eight 3-ounce paper cups. Cover the cups and freeze about 1½ hours until partially frozen, then insert a wooden stick in each cup. Freeze about 2 hours until firm. Peel off the paper cup to eat.

• Watermelon ice is the coolest treat. Process 8 cups seeded watermelon cubes in a blender or food processor until smooth. In a mixing bowl, mix the puree with ½ cup sugar until the sugar dissolves. Pour the mixture into an 8-inch square pan and freeze until just firm. Break the frozen mixture in chunks and place in a large

mixing bowl. Beat until smooth, using low speed of an electric mixer. Return to the pan and freeze until firm. Let it stand 10 minutes at room temperature before serving.

Registered dietitian Melanie Polk is director of nutrition education for the American Institute for Cancer Research in Washington, D.C.

FRESH ORANGE AND
MANGO GRANITA

1 cup water
½ cup sugar
1½ cups fresh orange juice
1 mango, peeled, cubed,
pureed to about 1 cup
2 tbsp. fresh lemon or lime
juice

In small saucepan, heat and stir water and sugar until sugar is dissolved. Refrigerate up to 5 days until ready to use.

Stir syrup, orange juice, mango and lemon juice until blended. Pour into 9-inch square baking pan. Freeze, stirring slushy center into almost-frozen edges with fork every 30 minutes or so until mixture is evenly frozen.

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Cup of Coffee

By JANICE DENHAM

Italian cooking lives up to American love affair

Italian cuisine is nothing new, but taking it into the 21st century requires tips and a vocabulary that may not have been available when the cook ate that first meatball with spaghetti in a mother's kitchen.

Antonio Ceconi may not look or sound like what people expect from Betty Crocker, but as author of Betty Crocker's "New Italian Cooking" (Macmillan General Reference, \$18), his soft Italian accent flows with the same culinary concern any cook wielding Betty's spatula should exude.

"Italians take their food pretty seriously. It brings people together. It's therapeutic. It's a combination of all these factors that

intrigues people so now they are willing to experiment and try new sensations," he said recently on a tour locally.

Ceconi is a native of Sardinia, Italy. From Minneapolis, Minn., he develops food products, consults for restaurants and teaches cooking lessons — all in the Italian mode.

Aside from its delicious taste, Italian cuisine fits today's need for being quick to prepare.

"Ingredients should be fresh and simple so there is no need for a challenging assembly of ingredients," he said.

The Italian lifestyle — spread hundreds of years ago through the Roman Empire — is a hot trend in the U.S.

today.

Ceconi said, "Italians like to take life one day at a time. If you go to a bookstore and want to buy a few minutes to browse or chat with friends, you can enjoy a cappuccino or cafe latte. People like the variety and the simple and very assertive flavors of Italian foods."

What kind of vocabulary does today's Italian chef need? Here are some explanations from Betty — er, Ceconi.

• **Pesto:** A versatile sauce — the word means "paste" — made from pine nuts, basil, garlic and olive oil. Use it to marinate meat, such as barbecued chicken, or meat and seafood — just

one hour for the seafood — to wind on kabobs with vegetables for grilling.

• **Portabello mushrooms:** Large and white, they are known as "steak" mushrooms for their flavor and texture. A perfect addition to a vegetarian meal, sliced portabellos can be marinated in olive oil, Italian parsley and garlic 30 minutes, then heated or grilled, Ceconi advises.

• **Risotto:** A rice staple for 600 years in Italy. An easy-to-grow crop, arborio rice is thicker and has more protein than most American rice. Risotto is made by adding moisture in stages until rice grains are plump, tender and creamy. Venetian cooks insist on cooking it 18 min-

utes; 20 minutes results in overcooked risotto.

• **Pine nuts:** Coming from large pine cones, they are oily and do not store a long time.

• **Olive oil:** Because it becomes rancid in contact with air, it should be bought in a quantity that will be used within six months and stored in a tightly sealed bottle in a dark cabinet, rather than refrigerated.

"Italians like to have specific olive oils for various uses. It is in general the healthiest oil available for anybody to lubricate their blood system," Ceconi said.

Dense and dark extra-virgin olive oil is extracted from the pulp of ripe green olives. Stone mills, which do not alter acidity, grind out the oil in a "cold press" method. Ceconi said this is the heaviest, most aromatic with true olive flavor. It is used mainly in salads, cooked vegetables and some

pasta. All-purpose olive oil is extract from the pulp and kernels of olives. On a scale of olive oils, it is in the middle and is good for frying and sauteing.

Light olive oil is a blend of types of olives. Because it is more processed, with grinding done mechanically, it is considered a lower grade, with extra-light being the lowest of the range. It is light in color and more fluid, best used for deep-frying and with seafood.

• **Focaccia:** Flatbread with toppings. A staple for Roman armies, it was large, dry, flat and able to be preserved. It served as plate, as well as sustenance, and became pita bread in other cultures.

The book contains several ideas for making easy focaccias at home.

• **Easy Onion and Herb Focaccia:** Preheat oven to 425°. Grease a cookie sheet or 12-inch pizza pan. Unroll 1 can (10 ounces) refrigerated pizza dough. Place on cookie sheet. Press from center to edge into 12-inch circle.

Brush with 1 tablespoon olive or vegetable oil. Sprinkle with 1 tablespoon finely chopped red onion, 2 teaspoons chopped fresh or 1 teaspoon dried leaf sage and 2 teaspoons chopped fresh or 1/2 teaspoon dried leaf rosemary. Bake 10 to 12 minutes until golden brown. Makes 12 servings.

• **Italian Flatbread:** The cookbook gives a recipe for making two (12-inch) focaccia circles from scratch. The yeast dough is brushed with vegetable oil and toppings are added as desired before baking.

For Herb Topping, sprinkle each flatbread with 1 tablespoon chopped fresh leaf basil or other herb. Parmesan Topping comes from sprinkling each round with 1 tablespoon grated parmesan cheese. Adding 1/2 to 3/4 teaspoon coarse (kosher) salt to each flatbread is the Salt Topping.

For those who like a Red Pepper Topping, cook 2 medium red bell peppers, cut in 1/4-inch rings, and 1 medium onion, sliced, in 1 tablespoon olive or vegetable oil, stirring occasionally.

Janice Denham is food editor of Suburban Journals.

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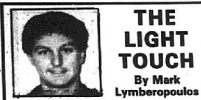
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THE
 LIGHT
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 By Mark
 Lymboropoulos

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Today's Food

What cook can warm up recipe for cool \$1 million?

When it comes to what's cooking, what dish is worth \$1 million? That's what the Pillsbury Co. wants to know. It will give that much money — the largest awarded in such a competition — to the grand prize winner in the 37th Bake-Off Contest next February in Dallas, Texas.

One hundred finalists will be invited to compete. There will be top prizes in four categories:

• **Special side dishes and simple breads** can include vegetable and salad side dishes, as well as breads, sweet rolls and muffins. An example is Cream Cheese-Capped Carrot Muffins, which uses carrot quick bread mix.

• **Quick treats and snacks** can be sweet or savory treats, like family-pleasing bars, cookies, sandwiches, snacks and appetizers which take 15 minutes or less to prepare, excluding baking or cooking time. Chicken Black Bean Tostizzas, a finalist in last year's contest, is a good example.

• **Thirty-minute main dishes** could be casseroles, skillet meals, soups and other main dishes that can be made and ready to serve in no more than 30 minutes.

• **Special occasion desserts** can include pies, cakes, cobblers and other desserts created for family and friends. Recipes must be original.

Because of Pillsbury's broader family of products — including Tex-Mex ingredients under the Old El Paso name acquired with St. Louis's Pet Inc. — there is a greater variety of sponsoring products which can be used

in the recipes.

Entries must be postmarked by Oct. 16. To receive an entry blank, call toll-free (800) 598-8753 or write to: Pillsbury Bake-Off Entry Blanks, P.O. Box 8668, St. Cloud, Minn. 56398-8668.

CREAM CHEESE-CAPPED CARROT MUFFINS

- 1 pkg. carrot quick bread mix
- 2 cup water
- 2 tbsp oil
- 1 can (8 oz.) crushed pineapple, drained
- 1 egg
- 4 oz. soft cream cheese, with pineapple if desired
- 1/2 cup sliced almonds

Preheat oven to 375°. Generously grease or line 12 muffin cups with paper liners.

In large bowl, combine bread mix, water, oil, pineapple and egg. Stir to moisten.

Fill prepared muffin cups three-fourths full. Place 1 mounded teaspoon cream cheese on top of each. Sprinkle with almonds.

Bake in preheated oven 20 to 30 minutes until toothpick inserted in muffin comes out clean. Cool 5 minutes.

Remove from pan. Refrigerate leftovers.

Makes 12 muffins; 230 calories, 9 g fat, 25 mg cholesterol, 230 mg sodium, 32 g carbohydrate, 4 g protein and 2 g dietary fiber each.

CHICKEN AND BLACK BEAN TOSTIZZAS

- 1 can (17.3 oz.) large refrigerated flaky biscuits
- 1/2 cup chunky salsa
- 1 cup diced cooked chicken
- 1 cup canned black beans, drained
- 1/4 cup chopped fresh cilantro
- 1 tsp. cumin
- 2 green onions, chopped
- 1/2 cup green or red bell pepper strips
- 1 1/2 cups (6 oz.) shredded cheddar cheese
- Sour cream and guacamole, if desired

Preheat oven to 350°. Separate dough into 8 biscuits. On ungreased cookie sheets, press or roll each biscuit into 5 1/2-inch circle.

In medium bowl, combine salsa, chicken, beans, cilantro and cumin. Mix well. Spread evenly over biscuits to within 1/4-inch of edges. Top evenly with onion, bell pepper and cheese.

Bake in preheated oven 20 to 24 minutes until biscuits are golden brown and cheese is melted.

Garnish with sour cream and guacamole.

Makes 8 mini-pizzas; 400 calories, 23 g fat, 45 mg cholesterol, 1,070 mg sodium, 32 g carbohydrate, 17 g protein and 3 g dietary fiber each. Dietary exchange: 2 starch, 1 1/2 medium-fat meat, 3 fat.

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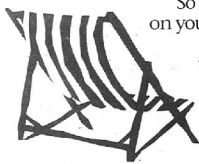
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ORLANDO LAKESIDE**

\$294⁹⁵

PER PERSON BASED ON DOUBLE OCCUPANCY. RATES ARE SUBJECT TO AVAILABILITY.

HIT-N-RUN HIT-N-RUN HIT-N-RUN HIT-N-RUN HIT-N-RUN HIT-N-RUN HIT-N-RUN

Hit-N-Run

FOOD STORES

Ad Good June 20 Thru June 26

Prices Good At Maryville Road Store Only

**STAY IN YOUR CAR
LEAVE THE WALKING TO US!**

We Reserve The Right To Limit All Sale Merchandise

WE ACCEPT FOOD STAMPS AND MANUFACTURERS COUPONS

HUMDINGER

AND

CRUNCH

OR

BUTTERFINGER

99¢

32 OZ. HUMDINGER & CANDY BAR

CAFFEINE FREE

169

COLD 6 PK CANS

SLICE • PEPSI

79¢

ICE COLD ONE LITER

DIET PEPSI

79¢

ICE COLD ONE LITER

MTN DEW

79¢

ICE COLD ONE LITER

Milwaukee's Best

399

COLD 12 PK CANS

BUSCH BEER

99¢

COLD 24 OZ CAN

Pabst Blue Ribbon

399

COLD 12 PK CANS

SKIM MILK

189

GALLON

Meadow Gold

99¢

HALF GALLON

100% PURE O.J.

99¢

HALF GALLON

NESTLE MILK CHOCOLATE BAR

69¢

KING SIZE

POCAHONTAS

69¢

KING SIZE

WIN!

18 INCH STUFFED MEEKO RACCOON

SweetTarts

POCAHONTAS

69¢

KING SIZE

QUART

99¢

ICE COLD OR TAKE-HOME WARM

Sour Cream & Chip Dips

39¢

SMOOTH AND DELICIOUS 8 OZ.

BACARDI Breezer

329

COLD 4 PACK

PEVELY BROWN COW

19¢

COLD 6 OZ BOTTLE

Super Low Price!

GPC

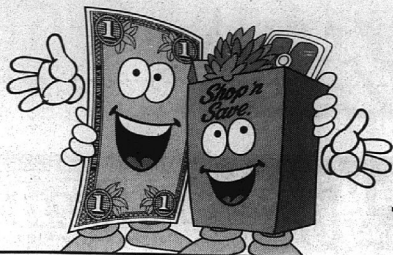
11.49

CARTON

SUMMIT ALL STYLES

129

CARTON 11.99 PER PACK



Get the Best, For Less!

With Total Value From Shop 'n Save.

ASSORTED VARIETIES

**Lenders
Bagels**

2/\$1
4 TO 6
COUNT

ASSORTED VARIETIES
REG. OR LIGHT

**Edy's Grand
Ice Cream**

3/7⁹⁵
1/2-GALLON

REG. HOMESTYLE, PLUS CALCIUM,
OR SEASON'S BEST

**Tropicana
Orange Juice**

2/\$4
64-OUNCE
CARTON

**Kingsford
Charcoal**

2⁹⁹
20-LB. BAG

• Bonus Red Tag Value •

LIMIT 2 WHILE SUPPLIES LAST

**Style
Hair Spray**

2/\$1
8 TO 9.3
OUNCE

SELECTED VARIETIES

**Campbell's
Cream Soups**

3/\$2
10.75
OUNCE
CAN

ASSORTED VARIETIES

**Kraft Bulls Eye
BBQ Sauce**

2/\$3
18-OUNCE
LIMIT 2

**20%
off**

**All Nabisco
Cookies & Crackers**

RED TAG REFLECTS 20% OFF PRICE

**Showboat
Pork & Beans**

4/\$1
15-OUNCE
CAN

**Paramount
Sweet Relish.....**

2/\$1
10-OZ.
JAR

ASSORTED FLAVORS
**Vess
Can Soda.....**

8/\$1
12-OZ.
CANS

**Powdered
Tide Ultra
Detergent.....**

2/\$6
18-USE

**Post Golden
Raisin Crisp.....**

1⁹⁹
15.5-OZ.
BOX

REGULAR OR WHITE
**Latiara
Taco Shells.....**

69¢
12-CT.

LIGHT OR FREE
**Yoplait
Yogurt.....**

3/\$1
6-OZ.
CUP

**ELBOW MACARONI,
OR LONG SPAGHETTI
Creamette
Pasta.....**

3/99¢
7-OZ.
PKG.

ASSORTED VARIETIES
REGULAR OR FAT FREE
**Hidden Valley
Dressings.....**

2¹⁹
16-OZ.
BOTTLE

REGULAR OR
WITH KALEIDOSCOPE
**Kellogg's
Rice Krispies.....**

2/\$4
15-OZ.
BOX

**WHITE OR WHEAT
SHOP N SAVE
Light
Bread.....**

79¢
16-OZ.
LOAF

CINNAMON
OR STRAWBERRY
**Kellogg's Pop Tart
Crunch Cereal....**

2/\$4
11 TO 12
OZ. BOX

FISH STICK
OR CHEESE PIZZA
**Swanson Kids
Fun Feast Meal...**

3/\$4
7.5 OZ.
PACKAGE

ASSORTED VARIETIES
**Starburst
Juice Bars.....**

2/\$5
12-PACK

ASSORTED VARIETIES
**Swanson Great
Starts Breakfast...**

4/\$5
4.5 OZ.
PACKAGE

SELECTED VARIETIES
**Stouffer's
Entrees.....**

3/4⁹⁵
9 TO 15.5-OZ.
PACKAGE

ASSORTED VARIETIES
12 INCH
**Red Baron
Pizza.....**

2/5⁹⁸
22-24 OZ.
PACKAGE

FRUIT CONCORD OR
TROPICAL MEDLEY
**Minute Maid
Juices.....**

2/\$3
46-OZ.
CARTON

FROZEN
**Minute Maid
Orange Juice.....**

98¢
10-12 OZ.

ASSORTED VARIETIES
**Banquet
Meals.....**

97¢
9-11 OZ.
PACKAGE

ASSORTED
VARIETIES
**Prairie Farms
Yo-Gel.....**

3/99¢
9-OZ.
PACKAGE

SALTED OR UNSALTED
**Land O Lakes
Butter.....**

1²⁹
1-LB.
BOX

Shop 'n Save®

♪ The more you shop ♪
the more you save. SM

Shop 'n Save®

TOTAL VALUE

Liquor Department Red Tag Values

LIQUOR PRICES GOOD AT ILLINOIS STORES ONLY

**Coor's
Light Beer.....** **549**
12-PACK
12-OZ. CANS
NOT AVAILABLE AT BELLEVILLE AND CAHOKIA

REG., LIGHT, DRY
OR DARK
Michelob Beer.. **3/\$10**
6-PACK
N/R-BTLs

REG., LIGHT
OR ICE
**Milwaukee's
Best Beer.....** **399**
12-PACK
12-OZ. CANS

FROM PLANK ROAD
BREWERY
**Icehouse or
Red Dog.....** **3/999**
6-PACK
N/R-L/N

OUR LOW PRICE \$7.89
REG., LIGHT, ICE OR NON-ALCOHOLIC
**Old Milwaukee
Beer.....** **489**
24-PACK
12-OZ. CANS
AFTER \$3.00 IN STORE MAIL-IN REBATE

REG. OR LIGHT
Busch Beer..... **577**
12-PACK
12-OZ. CANS

OUR LOW PRICE \$8.99
**Popov Vodka
or Gin.....** **699**
1.75-
LITER
AFTER \$2.00 IN STORE MAIL-IN REBATE

Canadian Hunter..... **999**
1.75-LITER

**Seagram's 7
Crown.....** **1199**
1.75-LITER

ASSORTED
DeKuyper Schnapps..... **589**
750-ML

Malibu Rum..... **899**
750-ML

JACK DANIELS OR
Bacardi Breezer
Cocktails..... **2/\$7**
4-
PACK

**Martini & Rossi
Asti Spumante.....** **799**
750-ML

**Gallo Livingston
Cellars.....** **299**
1.5-LITER

OUR LOW SALE PRICE \$5.99
**Peter Vella
Wine Tap.....** **499**
5-LITER
BOX
AFTER \$1.00 INSTANT COUPON

ASSORTED VARIETIES
**Boone's Farm
Wine.....** **3/\$5**
750-
ML

ALL VARIETIES
**Winston
Cigarettes.....** **1299**
PER
CARTON

ALL VARIETIES
**Value 'n Quality
Cigarettes.....** **1199**
PER
CARTON

ALL PRICES INCLUDE EXCISE TAXES.
SALES TAX ADDITIONAL.

Please Drink Responsibly • Don't Drink and Drive

Health & Beauty Care Red Tag Values

SAVE 14¢
ASSORTED VARIETIES
**VO5 Shampoo
or Conditioner**



83¢
15-OZ.

TABLETS, CAPLETS
OR GELTABS

**Motrin
Ibuprofen.....** **469**
50-
COUNT

COLGATE
**"Power Ranger"
Toothbrush.....** **179**
EACH

SAVE \$1.18
TABLET, CAPLET, ASPIRIN
FREE GELTAB OR CAPLET
Excedrin



229
20 TO 24-COUNT

ASSORTED VARIETIES
**Gillette Satin
Care Shaving Gel.....** **199**
7-OZ.
PKG.

MEN'S OR WOMEN'S
**Gillette Sensor
Razor.....** **369**
EACH

General Merchandise Red Tag Values

**GE Softwhite
Lightbulbs**



169
40, 60, 75, 100-WATT 4-PACK
OR 1-CT. 3-WAY 30/100, 50/150

**Energizer
Batteries**



239
2-CT. PKG. "C", "D" OR
1-CT. 9-VOLT PKG.

24-PACK
**Coke Classic,
Diet Coke or Sprite**



567
LIMIT 6 COKE,
OVER LIMIT \$5.99
2-LITER 79¢
LIMIT 6, OVER LIMIT 99¢

Photo Processing

YOUR CHOICE OF SINGLE PRINTS
**Plus Free Film or
Double Prints**

379
24-EXP. ROLL
3 1/2-INCH PRINTS

Everyday!

ORIGINAL COLOR PRINT FILM ONLY



You Still Have a Choice. There's
No Better Time to Switch to Shop 'n Save!

Save ^{UP} _{TO} \$29¹¹

On These Identical Items at Shop 'n Save!

BUY ALL THE ITEMS IN THE LIST BELOW AND PAY:

THESE ARE
SHOP 'N SAVE'S
Everyday
Low
Prices!

\$76.89
AT
SHOP 'N SAVE

\$106.00
AT SCHNUCKS
★ YOU SAVE \$29.11
OR 27% AT
SHOP 'N SAVE

\$103.66
AT DIERBERGS
★ YOU SAVE \$26.77
OR 26% AT
SHOP 'N SAVE

CHECK THESE SAVINGS!

Totals Above Do Not Include Sales Tax

GROCERY DEPT.	Shop 'n Save	Schnucks	You Save At Shop 'n Save	Dierbergs	You Save At Shop 'n Save
BUGLES ORIGINAL Corn Snacks.....6 oz.	.99	1.89	47%	1.89	47%
PO-SECRET VALUE PACK Microwave Popcorn.....21 oz.	3.02	3.99	24%	3.99	24%
CAMPBELL'S SOUP Cream of Potato.....10.75 oz.	.69	.99	30%	.99	30%
RAY'S Chili with Beans.....15 oz.	1.29	1.89	31%	1.59	18%
FRANCO AMERICAN SpaghettiO's.....15 oz.	.59	.79	25%	.79	25%
CINRAMETTE Vermicelli.....16 oz.	.67	1.19	43%	1.19	43%
SUNSWEEP Prune Juice.....32 oz.	.99	1.79	44%	1.79	44%
CAMPBELL'S Tomato Juice.....6/11.5 oz.	2.00	2.79	28%	2.59	22%
SECOND CUP Drip Coffee.....26 oz.	4.99	6.79	26%	6.79	26%
HEIFETZ BREAD & BUTTER Pickle Slices.....32 oz.	1.99	2.99	33%	2.99	33%
A-1 Steak Sauce.....10 oz.	2.99	3.99	25%	3.99	25%
GENERAL MILLS Wheaties... ..12 oz.	1.99	2.79	28%	2.79	28%
POST Toasties.....18 oz.	1.97	2.79	29%	2.79	29%
CRISCO Pure Vegetable Oil.....48 oz.	2.51	3.59	30%	3.59	30%
JIFFY Baking Mix.....40 oz.	.99	1.39	28%	1.39	28%
DREAM WHIP Topping Mix.....5.2 oz.	2.09	2.79	25%	2.79	25%
MORTON REGULAR OR IODIZED Salt.....26 oz.	.25	.41	39%	.39	35%
GERBER SECOND FOODS Baby Food.....4 oz.	.39	.50	22%	.50	22%
PET Evaporated Milk.....12 oz.	.49	.79	37%	.79	37%
ULTRA SURF Laundry Detergent.....42 use	4.97	7.99	37%	7.99	37%
S.O.S. Steel Wool Pads.....4 ct.	.49	.69	28%	.69	28%
COMET Cleanser.....14 oz.	.29	.59	50%	.59	50%
Tylenol P.M.50 ct.	6.17	8.29	25%	6.97	11%

MEAT & PRODUCE	Shop 'n Save	Schnucks	You Save At Shop 'n Save	Dierbergs	You Save At Shop 'n Save
FAMILY PACK Ground Chuck.....per lb.	1.98	2.49	20%	2.49	20%
WHOLE Fryers.....per lb.	.69	.99	30%	.89	22%
CUT UP Fryers.....per lb.	.89	1.09	18%	.99	10%
HUNTER Bacon.....1 lb. pkg.	1.79	2.39	25%	2.39	25%
HUNTER All Meat Wieners.....12 oz.	.79	1.29	38%	1.29	38%
FIELD Bacon.....1 lb. pkg.	1.79	2.49	28%	1.99	10%
RED DELICIOUS Apples.....per lb.	.68	.99	31%	.99	31%
FRESH Green Beans.....per lb.	.98	1.49	34%	1.49	34%
YELLOW Onions.....3 lb. bag	1.48	1.99	25%	1.99	25%
FRESH Spinach.....per lb.	1.58	1.99	20%	1.99	20%

DAIRY AND FROZEN FOOD

KRAFT 24-SLICED American Singles.....16 oz.	2.99	3.69	18%	3.99	25%
JELL-O Gelatin Snack.....6 pack	1.99	2.49	20%	2.49	20%
TROPICANA PURE PREMIUM Orange Juice.....96 oz.	3.99	4.99	20%	4.99	20%
AZTECA Flour Tortillas.....11.3 oz.	.99	1.19	16%	1.39	28%
SHEDD'S Country Crock.....3 lb.	1.99	2.59	23%	2.59	23%
EGGO Blueberry Waffles.....11 oz.	1.50	1.99	24%	1.79	16%
LENDERS Bagels.....6 ct.	.99	1.39	28%	1.29	23%
HEALTHY CHOICE Salisbury Dinner.....11.5 oz.	2.50	2.99	16%	2.99	16%
TOTINO'S Party Pizza.....10.5 oz.	1.50	1.79	16%	1.79	16%
JENO'S Pizza Rolls.....20 oz.	2.99	3.99	25%	3.99	25%

These items were purchased on June 19, 1995 at Schnucks at 5519 Oakville Shopping Center at 9:34 a.m., and at Dierbergs at Southroads Center at 8:52 a.m. Due to time required for ad processing, chain store prices may vary from date items were purchased to date of ad publication. The above prices do not reflect manufacturers' deals.

TOTAL VALUE!

Everyday in Every Way!



WHOLE, 10 TO 12-LB. AVERAGE
Mickelberry's
Whole Boneless Ham

139

lb. LIMIT 1

SHOP N SAVE
Country Style Thick
Sliced Slab Bacon

99¢

lb.

LIMIT 3, SOLD IN 5 LB. BAGS ONLY
Fresh Chicken
Leg Quarters

37¢

lb.

4-7 LB. AVG.
Cook's Pride Frozen
Turkey Breast

97¢

lb.

ECKRICH
All Meat
Jumbo Franks.....

119

1-POUND PACKAGE

ASSORTED VARIETIES
Eckrich
Lunchmakers.....

99¢

3.75 OZ. PKG.

TENDERBIRD
Chicken Patties
or Nuggets.....

2/\$5

10.5 OZ. PKG.

OSCAR MAYER
Chopped Ham
or Ham & Cheese.....

2/389

1-POUND PACKAGE

LOUIS RICH
Turkey Franks
or Bologna.....

99¢

1-LB. PACKAGE

Oscar Mayer
Lunchables.....

99¢

4.5 OZ. PACKAGE

HUNTER
Cooked Salami or
Sliced Bologna.....

119

1-LB. PACKAGE

SHOP N SAVE
Pork
Sausage.....

159

1-LB. ROLL

Deli/Bakery/Seafood Shop

PATRICK CUDAHY
Shaved
Honey Ham

399

lb.

DELI FRESH
Hoffman's
American Cheese

299

lb.

5 A Day
Fruits and Vegetables
For Better Health!



48-50 COUNT
 CALIFORNIA
Sweet Peaches

88¢

lb.

FARM FRESH
Cat Fish
Filletts.....

399

lb.

FRESH ATLANTIC
Salmon
Steaks.....

499

lb.

FRESH BAKED
Twin French
Bread.....

99¢

2/8 OZ. LOAVES

FRESH
Glazed
Donuts.....

229

12 COUNT

U.S. NO. 1
Baking
Potatoes.....

58¢

lb.

125 COUNT
RED OR GOLDEN
Washington State
Delicious Apples....

68¢

lb.

Shop'n Save

The more you shop ♪
 ♪ the more you save. SM

S	M	T	W	T	F	S
			21	22	23	24

• PRICES GUARANTEED THRU JUNE 24, 1995
 AT THE ST. LOUIS METRO STORES ONLY
 • WE RESERVE THE RIGHT TO LIMIT
 • NO SALES TO DEALERS
 • BAKERY/DELI/SEAFOOD NOT AVAILABLE
 AT ALL LOCATIONS

For Store Locations
Call (314) 984-0900

CLASSIFIEDS

877-7700

toll free
1-800-766-FAST (3278)

HOURS: MONDAY THRU FRIDAY 8:00 A.M.-5:00 P.M.-CLOSED SATURDAY AND SUNDAY

- 2 BUICK**
1987 BUICK LESABRE, Limit 80,000 miles, full service, excellent condition, \$4,200. 288-4645.

CARS UNDER \$5000
Vehicles auctioned off IRS, DEA, FBI, nationwide. Trucks, boats, furniture, computers, and more! Call toll free 1-800-448-2881 EXT. 2773.

FOR SALE 1993 BUICK SKY
LARK 4 door custom sedan, like new, 6,400 miles, loaded, \$77,412.
- 6 CHEVROLET**
87 CAMARO-Excellent condition, 100,000 miles, one owner, selling \$2,800. Call after 5, 931-8073.

'91 Cavalier Was \$4,000 Over 200 CARS!
***\$100 DN/\$3,995**
We Finance Almost Anyone
Call 711-1111 Ext. 445-285
- 6 CHEVROLET**
88 Cavalier 2.8 Automatic, 100,000 miles, one owner, selling \$2,800. Call after 5, 931-8073.

'91 Cavalier Was \$4,000 Over 200 CARS!
***\$100 DN/\$3,995**
We Finance Almost Anyone
Call 711-1111 Ext. 445-285
- 6 CHEVROLET**
88 Corolla Was \$4,500 Over 200 CARS!
***\$100 DN/\$2,995**
We Finance Almost Anyone
Call 711-1111 Ext. 445-285

70 MALIBU 2 door, V6, \$1200
O.B.O. 451-6641. After 4PM.
- 6 CHEVROLET**
70 MONTE CARLO, ONE OWNER, 100,000 miles, one owner, selling \$2,800. Call after 5, 931-8073.

70 MONTE CARLO, ONE OWNER
100,000 miles, one owner, selling \$2,800. Call after 5, 931-8073.

- 6 CHEVROLET**
88 MONTE CARLO V-6, 100,000 miles, one owner, selling \$2,800. Call after 5, 931-8073.

\$2,995/\$100 DN
We Finance Almost Anyone
Call 711-1111 Ext. 445-285
- 10 DODGE**
88 Daytona T-Top 200 CARS!
***\$100 DOWN**
We Finance Almost Anyone
Call 711-1111 Ext. 445-285

10 DODGE
88 Daytona T-Top 200 CARS!
***\$100 DOWN**
We Finance Almost Anyone
Call 711-1111 Ext. 445-285
- 14 FORD**
88 Ford 3.0 Liter, 100,000 miles, one owner, selling \$2,800. Call after 5, 931-8073.

'88 Ford 3.0 Liter
100,000 miles, one owner, selling \$2,800. Call after 5, 931-8073.
- 16 Geo Metro**
88 Geo Metro 2.0 Liter, 100,000 miles, one owner, selling \$2,800. Call after 5, 931-8073.

'88 Geo Metro
100,000 miles, one owner, selling \$2,800. Call after 5, 931-8073.
- 24 OLDSMOBILE**
88 PRELUDE 4 door, 100,000 miles, one owner, selling \$2,800. Call after 5, 931-8073.

'88 PRELUDE
100,000 miles, one owner, selling \$2,800. Call after 5, 931-8073.

3-2-1 MISC AUTOS

BAD CREDIT • BANKRUPTCY • REPOSSESSION • DIVORCE
BEEN TURNED DOWN ELSEWHERE

WE CAN HELP WITH YOUR AUTO PURCHASE

First Name: _____ Initial: _____ Last Name: _____ Social Security #: _____ Birth Date: _____ Home Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Employer Name: _____ Address: _____ City: _____ State: _____ Zip: _____

Position: _____ Income: _____ Other Income: _____

Complete and return to or Fax 838-2343
Landmark 955 N. Hwy. 67, Florissant, MO 63031

CALL YOUR APPROVAL HOTLINE 838-9300 1-800-960-5263
CALL MAX OR ROCKY

WE ARE OPEN NIGHT & DAY
SUNDAY JOURNALS
CLASSIFIEDS DEPARTMENT
Monday 7am - 6:30pm
Friday 7am - 6pm
Saturday 8am - 1pm
800-FAST (3278)

8 CHRYSLER
88 Lefebvre 2.0 Liter, 100,000 miles, one owner, selling \$2,800. Call after 5, 931-8073.

'88 Lefebvre
100,000 miles, one owner, selling \$2,800. Call after 5, 931-8073.

8 CHRYSLER
88 Lefebvre 2.0 Liter, 100,000 miles, one owner, selling \$2,800. Call after 5, 931-8073.

'88 Lefebvre
100,000 miles, one owner, selling \$2,800. Call after 5, 931-8073.

"LUXURY SPECIAL PRICES"

'94 Sedan DeVille

Big selection from

\$22,990*

from **\$24,990***

SAVE OVER 12,000 OFF ORIGINAL PRICES
Low payments, High trades

SCHMITT
CADILLAC/OLDSMOBILE

123 WEST CLAY
DOWNTOWN COLLINSVILLE
344-4212
(314) 241-9200

"NEW PROGRAM" FOR CREDIT PROBLEM CUSTOMERS

- ★ Low Money Factors
- ★ Short Term Loans
- ★ New Or Used Vehicles

YOU DON'T HAVE TO DRIVE JUNK!
Mick Hoepfinger
843-4431 or
FAX 843-5728 (1700 Gravois, St. Louis 63127)

SUNSET FORD
11700 GRAVOIS
ST. LOUIS, MO 63127

We've Got What You Want
SELECTION & PRICE!
OVER 350 NEW CARS & TRUCKS IN STOCK

NEW 1995 LUMINA
#3488
Air Conditioning, Automatic Transmission, Power Locks, Tilt Wheel, AM/FM Stereo, Plus More.
\$14,959*

NEW 1995 S-10 PICKUP
SALE PRICED
\$9,449*

NEW 1995 1/2 TON PICKUP
SALE PRICED
\$12,749*

VAN CLEARANCE
CONVERSION VANS
VACATION PACKAGE
ASTROS

OVER 90 PRE-OWNED CARS & TRUCKS

93 CORSCIA V-6 & HORN 100,000 miles NOW \$9,285	94 CHEV. 1/2 TON EXT. CAB 424, 3 IN STOCK NOW \$15,959	93 FORD RANGER 4.0L V-6, 100,000 miles NOW \$10,976	90 CHRYSLER LEBRON CONVERTIBLE 100,000 miles NOW \$10,976
93 FORD RANGER P.U. EXTRA CLEAN	95 CHEV. 1/2 TON EXT. CAB 424, 3 IN STOCK NOW \$15,949	92 MERCURY COUGAR 1.9 LOADED, LOW MILES NOW \$10,976	92 CHEV. COUGAR RS CONVERTIBLE 100,000 miles NOW \$10,976
95 GMC SONOMA EXT. CAB 424, 3 IN STOCK NOW \$15,949	93 PLYMOUTH SUNDANCE EXTRA CLEAN, 100,000 miles NOW \$10,976	92 CHEV. 1/2 TON SCOTTSDALE P.U. EXTRA CLEAN NOW \$10,976	92 PONTIAC GRAND AM & DOOR EXTRA CLEAN NOW \$10,976
95 GEO TRACKER CONVERTIBLE 424, 3 IN STOCK NOW \$15,949	93 GEO TRACKER 424 EXTRA CLEAN, 100,000 miles NOW \$10,976	91 CHEV. S-10 P.O. CLONE NOW \$15,949	94 PONTIAC GRAND PRIX LOADED, LOW MILES NOW \$10,976

WEBER GRANITE CITY
451-7913 Rt. 3 & Pontoon Road
Granite City, Il.

LIMITED TIME OFFER!

\$1000 CASH BACK

ON ALL NEW 95 MINIVANS
FRONT OR REAR WHEEL DRIVE

30 IN STOCK

1995 WINDSTAR WGN.

1995 AEROSTAR WGN.

\$1500 CASH REBATE PLUS 5.9% APR FINANCING*

ON ALL NEW 1995 TAURUS' AMERICA'S BEST SELLING CAR!

SEVERAL TO CHOOSE FROM
*TO QUALIFIED BUYERS
WITH APPROVED CREDIT
OFFER EXPIRES 7/9/95

Special Purchase Factory Program Cars
Low Mileage

'94 TAURUS
4 DOOR
SAVE **\$1000's**

1994 TEMPO GL 4 DOOR
\$10,499

1994 TAURUS GL 4 DOOR
\$13,699

PARTS AND SERVICE DEPARTMENT
OPEN MONDAY THRU FRIDAY 7:00 A.M. TO 6:00 P.M.
A Full Service Dealer
• SALES • PARTS •
• LEASING • SERVICE •
COMPLETE BODY
REPAIR FACILITIES

KOETTING
FORD INC.

Two Miles
South of I-270
ILLINOIS RTE. 3AT
PONTIAC, IL 60454
(815) 452-5400
(314) 867-9219

320 HELP WANTED

MAINTENANCE
Part time evenings, 5pm-11:30pm. Experience helpful. Great working environment. Apply in person. Accepting applications. Daycare. EOE.
DELMAR GARDENS NORTH
401 Parker Road
Florissant MO 63033

320 HELP WANTED

MAINTENANCE PERSON
for experienced person in maintenance. Must have own tools and transportation. Send resume to: PO BOX 1118, Granite City, IL 62040.

320 HELP WANTED

NEW HIRING COOKS & waitresses all shifts, apply in person 3244 W. Chalmers of Rockville, St. Louis, MO 63103. CALL: 866-2222. In-house call: 1-800-786-7868.

320 HELP WANTED

OPTICAL RECEPTIONIST/RECEPTIONIST responsible, rapid typist, math skills, for a busy optician. Must be able to handle customer service. Send resume to: 3780 S. Main, St. Louis, MO 63103. Call: 314-291-0000.

320 HELP WANTED

TRUCK DRIVER
Openings are available in the industrial maintenance division of Heritage Environmental Services, Inc. Must have current CDL license. Hazmat training helpful. Will train. Excellent benefits package includes insurance, profit sharing, base pay very substantial. Call between 8:00 am and 4:00 pm Monday - Friday at (314) 521-3800. EOE

320 HELP WANTED

PART TIME DELI HELP wanted for experienced person. 10am to 1pm everyday. 1pm to 5pm 4 days a week. No experience, no background check. Send resume to: 1200 Lafayette Ave., St. Louis, MO 63103. Call: 314-291-0000.

320 HELP WANTED

ROOFERS Needed, experienced and only apply. Call 314-291-0000.

320 HELP WANTED

TELEMARKETING
SOMETHING GREAT IS GOING ON HERE FOR SALES PROFESSIONALS!
America's Best Community Newspaper seeks a highly motivated, experienced sales professional to sell advertising space. The position is challenging and rewarding work experience for an immediate full time opening.
Applicant should have the following qualifications:
• Ability to work well in a fast-paced environment
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We offer:
• Base + commission
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• 401K
Please send resume to: SUBURBAN JOURNAL, Attn: Jack, 1714 Dr. Tracks Trail, St. Louis, MO 63103. Fax to 314-221-3552. Call 314-221-2292, ext. 357. Equal Opportunity Employer.

320 MEDICAL & HEALTH CARE

CNA's
Collinsville Care Center is currently accepting applications for all positions. We offer excellent pay & working atmosphere. Our benefit package includes health insurance, dental, vision, life insurance, 401K, and a profit sharing plan. We recognize the importance of experience & will pay accordingly. Apply in person at Collinsville Care Center, 214 N. Sunnyside, Collinsville, MO 63934. Monday-Friday 8:30 a.m.-5:00 p.m. EOE.

320 BUSINESS OPPORTUNITIES

ATTN: PART & PRESENT
PARTY PLANNERS & DEMONSTRATORS
AVERAGE \$14 PER HR. No Out Pocket Investment. Call 345-7871 FOR INFO.

LINE COOKS

NOW ACCEPTING APPLICATIONS FOR FULL/PART-TIME OPENINGS. BENEFITS INCLUDE:
• MAJOR MEDICAL INSURANCE
• PAID VACATIONS • ANNUAL BONUS
• 6 MONTH MERIT REVIEWS • DRUG FREE WORK PLACE
• STARTING WAGE \$5.50/\$6.00
• APPLY IN PERSON MON-FRI 7:30A.M. - 5:00P.M. OR CALL FOR APPT. AT 875-5800 EXT. 114
GATEWAY MIDSTATE TRUCK PLAZA, BIG DUGAS REST. 1-55-70 & IL Rt. 203 North Exit 4, Madison, IL.

WAITRESSES!!

NOW ACCEPTING APPLICATIONS FOR FULL/PART-TIME OPENINGS. BENEFITS INCLUDE:
• MAJOR MEDICAL INSURANCE
• PAID VACATIONS • ANNUAL BONUS
• 6 MONTH MERIT REVIEWS • DRUG FREE WORK PLACE
• STARTING \$2.41 PER HR. PLUS GREAT TIPS!
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GATEWAY MIDSTATE TRUCK PLAZA, BIG DUGAS REST. 1-55-70 & IL Rt. 203 North Exit 4, Madison, IL.

FLATBED DRIVERS

NEEDED FOR LIBERTY'S GRANITE CITY TERMINAL
Liberty Transportation, one of the fastest growing flatbed companies in the U.S., has opened a base terminal operation in Granite City, IL. Deliveries are available to Chicago, Detroit, Cleveland & other Mid-West cities. 27,000 miles guaranteed quarterly. If you are an experienced Flatbed Driver & want to drive the best equipment & be part of a great company, call us **LIBERTY TRANSPORTATION, INC.** Call Gary At 618-876-8120 or 800-322-4285. Mon - Fri 8:00a.m. - 5:00p.m.

CNA's

You are invited to an OPEN HOUSE
Please join **VN HUMAN RESOURCES** for an OPEN HOUSE at one of our Long Term Care Facilities. This will be a great opportunity for CNA's to fill out applications, meet the DONs, tour the facilities and have refreshments. Please join us at one or both of our facilities as indicated below:

Village North Manor
6768 North Highway 67
June 22nd
10:00 am to 3:00 pm

Village North Woods
9500 Bellefontaine Road
June 23rd
10:00 am to 3:00 pm

We hope to see you there! No Appointment Necessary

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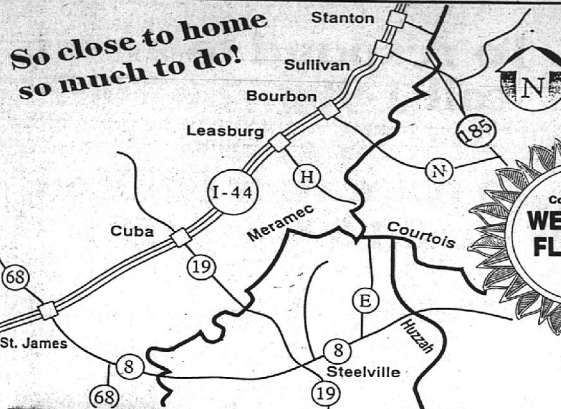
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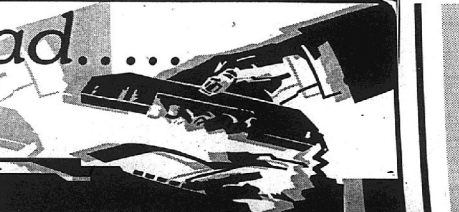
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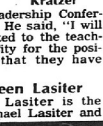
Scholarship winners

This year's recipients of the American Federation of Teachers Local 743 scholarships were announced last month. Each has received a \$500 grant. All are graduating seniors at Granite City High School with outstanding grade point averages. Each has been extremely involved in school and community service.

Kelly Denis Ahlers
Kelly Denis Ahlers is the daughter of Linda Ahlers. She plans to attend McKendree College, majoring in biology with the career goal of doing lab research. Among her activities and awards are Science Club, caring for abandoned animals, Illinois State Scholar and a Presidential Scholarship. She said in her application, "Every time I have the pleasure of having a new teacher, I gain a new friend I will never forget."



Scott Aaron Kratzer
Scott Aaron Kratzer is the son of Darrel and Martha Kratzer. He plans to attend Southern Illinois University at Edwardsville with the goal of becoming an elementary teacher. Among his awards and honors are National Honor Society, Future Educators of America, DARE role model and International Leadership Conference participant. He said, "I will always be indebted to the teachers of Granite City for the positive influences that they have had on my life."



Kelly Colleen Lasiter
Kelly Colleen Lasiter is the daughter of Michael Lasiter and Anita Lasiter. She plans to major in English and pre-law at either Washington University or the University of Missouri at Columbia with the goal of becoming a lawyer. Among her numerous activities and awards are the debate team, the Speech and Theatre Club, Scholar Bowl team captain, National Honor Society and National Merit Finalist. Kelly said, "My teachers have taught me to believe in my own potential, to reach for my dreams."



Jason Lombardi
Jason Lombardi is the son of Michael and Lora Lombardi. He plans to attend the University of Illinois to major in chemical engineering. Among his many awards and activities are Foreign Policy Club, golf team, Science Club, Boy Scouts, National

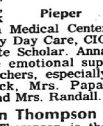


Honor Society and National Merit Commended Student. He remembers the influence of Linda McDonnell, Barbara Varadian and Ed Schroeder.

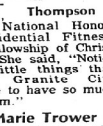
Traci Lynn Mell
Traci Lynn Mell is the daughter of John and Susan Mell. She plans to be a premed major at Culver-Stockton College with a career goal of pediatric medicine. Among her activities and awards are National Honor Society, Alpha peer leader, Speech and Theatre Club, Girl Scouts and Illinois State Scholar. She said, "For the dedication, patience and understanding of the teachers of GCHS, I am truly grateful."



Anna Pieper
Anna Pieper is the daughter of Alan and Kathleen Pieper. She is in secondary education at McKendree College. Among her awards and activities are National Honor Society, Girls' Glee Club, DARE worker, volunteer work at St. Elizabeth Medical Center and Holy Family Day Care, CIO and Illinois State Scholar. Anna remembers the emotional support of her teachers, especially Mrs. McCormick, Mrs. Papa, Mrs. Hornell and Mrs. Randall.



Jaime Lynn Thompson
Jaime Lynn Thompson is the daughter of David and Bonnie Thompson. She is undecided about her major at Southern Illinois University at Edwardsville but is hoping to teach literature or history. Among her activities and honors are Science Club, cheerleading, National Honor Society, Presidential Fitness Award and Fellowship of Christian Athletes. She said, "Noticing all the little things that teacher of Granite City do, causes me to have so much respect for them."



Jennie Marie Trower
Jennie Marie Trower is the daughter of David and Marlene Trower. She plans to attend the St. Louis College of Pharmacy. Among her achievements are cheerleading captain, Alpha peer leader, National Honor Society, American Scholar, Science Club and Environmental Club. She said a teacher told her to "take pride in how far you have come and remember how far you can go."



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Briefly

Matthew Stinson has been named to the spring 1995 President's List at Southwest Baptist University in Bolivar, Mo. He is the son of William and Malie Stinson of Granite City. A 1993 graduate of Granite City High School, Stinson is a junior chemistry major. Those students listed on the President's List have been enrolled in at least 12 credit hours and earned a grade point average of 3.7 to 3.84 on a 4.0 scale.

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